



Chocolate Espresso Martini



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



426 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons bittersweet chocolate finely chopped
- 0.5 ounce creme de cacao liqueur
- 4 tablespoons espresso grounds cooled
- 1 serving long lemon twist
- 1 lemon wedges
- 2 tablespoons sugar raw (sugar)
- 1.5 ounces best vodka chilled

Equipment

Directions

- Wipe the rim of a chilled, oversized martini glass with lemon wedge.
- Pour sugar and chocolate into a saucer and mix well.
- Dip glass rim in mixture and roll to thoroughly coat rim.
- Over a large handful of ice in a cocktail shaker, pour espresso, vodka, and creme de cacao. Shake until frothy. Strain into prepared glass.
- Garnish rim with a twist and stand back.

Nutrition Facts

  
 PROTEIN **2.73%**  FAT **33.45%**  CARBS **63.82%**

Properties

Glycemic Index:66, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:6.2752174359301%

Flavonoids

Eriodictyol: 5.34mg, Eriodictyol: 5.34mg, Eriodictyol: 5.34mg, Eriodictyol: 5.34mg Hesperetin: 6.97mg, Hesperetin: 6.97mg, Hesperetin: 6.97mg, Hesperetin: 6.97mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 425.57kcal (21.28%), Fat: 11.6g (17.84%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 46.69g (16.98%), Sugar: 39.48g (43.87%), Cholesterol: 1.8mg (0.6%), Sodium: 6.89mg (0.3%), Alcohol: 16.9g (100%), Alcohol %: 14.12% (100%), Caffeine: 59.72mg (19.91%), Protein: 2.13g (4.26%), Manganese: 0.42mg (21.2%), Copper: 0.4mg (19.9%), Magnesium: 68.08mg (17.02%), Vitamin C: 13.28mg (16.1%), Fiber: 3.1g (12.4%), Iron: 2.16mg (12%), Phosphorus: 85.49mg (8.55%), Potassium: 230.39mg (6.58%), Vitamin B3: 1.11mg (5.55%), Zinc: 0.83mg (5.5%), Selenium: 2.62µg (3.74%), Vitamin B2: 0.05mg (3%), Calcium: 28.3mg (2.83%), Vitamin K: 2.18µg (2.07%), Vitamin B6: 0.03mg (1.53%), Vitamin B1: 0.02mg (1.46%), Vitamin E: 0.22mg (1.44%), Vitamin B5: 0.14mg (1.42%)