



Cinnamon Roll Cocktail

 Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



388 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 shots caramel liqueur
- ☐ 2 shots cinnamon schnapps
- ☐ 4 servings cinnamon sticks for garnish
- ☐ 0.5 cup coffee mix instant cinnamon-flavored
- ☐ 2 shots vanilla rum
- ☐ 2 shots rum dark
- ☐ 6 cups water boiling
- ☐ 4 servings non-dairy whipped topping for garnish

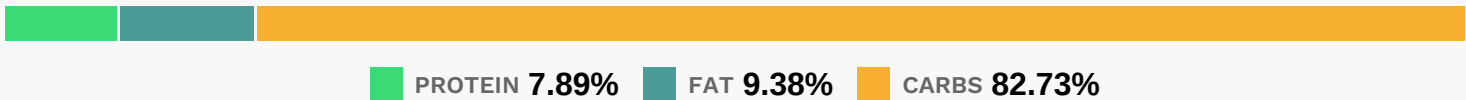
Equipment

☐ measuring cup

Directions

- ☐ In a measuring cup, add boiling water to instant coffee. Stir until completely dissolved.
- ☐ Combine remaining ingredients into a large pitcher, stirring thoroughly as you add each ingredient. Stir in hot coffee mixture.
- ☐ Pour into individual mugs and top each with a dollop of non-dairy whipped topping, piped through a decorative tip.
- ☐ Garnish each mug with a whole cinnamon stick and a generous sprinkle of cinnamon sugar.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:11.13, Inflammation Score:-5, Nutrition Score:9.0343477356693%

Nutrients (% of daily need)

Calories: 388.02kcal (19.4%), Fat: 2.56g (3.94%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 49.7g (18.07%), Sugar: 24.27g (26.96%), Cholesterol: 1.64mg (0.55%), Sodium: 86.91mg (3.78%), Alcohol: 24.46g (100%), Alcohol %: 6.46% (100%), Caffeine: 928.61mg (309.54%), Protein: 4.84g (9.69%), Manganese: 0.87mg (43.3%), Vitamin B3: 8.41mg (42.05%), Potassium: 1108.42mg (31.67%), Magnesium: 105.54mg (26.38%), Phosphorus: 121.28mg (12.13%), Calcium: 106.19mg (10.62%), Iron: 1.52mg (8.47%), Selenium: 4.3µg (6.14%), Copper: 0.12mg (5.92%), Vitamin B2: 0.09mg (5.02%), Fiber: 1.06g (4.25%), Zinc: 0.3mg (1.97%), Vitamin B1: 0.03mg (1.95%), Vitamin B5: 0.17mg (1.73%), Vitamin K: 1.73µg (1.65%), Vitamin B6: 0.03mg (1.28%), Vitamin B12: 0.08µg (1.26%), Vitamin E: 0.17mg (1.14%)