



Cinnamon Toast Crunch® Cocktail

READY IN



10 min.

SERVINGS



1

CALORIES



423 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup milk
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 large marshmallows
- ☐ 1 serving ice cubes
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 2 tablespoons vodka
- ☐ 1 tablespoon buttered toast crushed

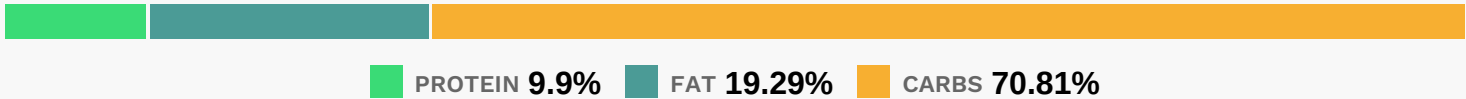
Equipment

- ☐ sauce pan
- ☐ stove
- ☐ skewers

Directions

- ☐ In small saucepan, heat milk, sugar, vanilla and cinnamon over medium heat until steaming.
- ☐ Meanwhile, thread marshmallows onto metal or bamboo skewer. Carefully toast over hot stove or with kitchen torch until golden brown.
- ☐ Fill large mug with ice.
- ☐ Pour steaming milk mixture over ice.
- ☐ Add liqueur and vodka; stir.
- ☐ Sprinkle with crushed cereal.
- ☐ Garnish with toasted marshmallow skewer.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:188.59, Glycemic Load:18.51, Inflammation Score:-4, Nutrition Score:7.981304358691%

Nutrients (% of daily need)

Calories: 423.04kcal (21.15%), Fat: 6.61g (10.17%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 53.97g (19.63%), Sugar: 43.85g (48.72%), Cholesterol: 22.11mg (7.37%), Sodium: 174.13mg (7.57%), Alcohol: 17.22g (100%), Alcohol %: 6.38% (100%), Protein: 7.64g (15.27%), Calcium: 250.14mg (25.01%), Phosphorus: 203.12mg (20.31%), Vitamin B2: 0.31mg (18.18%), Vitamin B12: 0.99µg (16.52%), Vitamin D: 2.01µg (13.42%), Selenium: 8.39µg (11.98%), Vitamin B1: 0.17mg (11.05%), Potassium: 300.23mg (8.58%), Manganese: 0.16mg (8.16%), Vitamin B5: 0.73mg (7.27%), Magnesium: 27.18mg (6.8%), Vitamin B6: 0.12mg (6.13%), Vitamin A: 297.93IU (5.96%), Zinc: 0.87mg (5.83%), Vitamin B3: 0.8mg (3.99%), Folate: 15.55µg (3.89%), Iron: 0.58mg (3.21%), Fiber: 0.65g (2.6%), Copper: 0.05mg (2.59%), Vitamin K: 1.21µg (1.15%)