



## Coconut Macaroon Cookie Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



1

CALORIES



964 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup sugar
- 1 cup water
- 2 tablespoons simple syrup glaze
- 2 tablespoons frangelico light
- 1 tablespoon creme de cacao liqueur white
- 1 serving coconut or shredded toasted
- 2 tablespoons frangelico

### Equipment

sauce pan

## Directions

- To make Simple Syrup, mix sugar and water in 1-quart saucepan.
- Heat to boiling over medium-high heat, stirring until sugar is dissolved.
- Remove from heat; set aside 1 hour to cool.
- Pour syrup into glass jar. Cover jar, and refrigerate until needed. Makes 1 1/4 cups.
- To prepare cocktail, fill cocktail shaker with ice.
- Add 1 ounce of the simple syrup, the coconut rum, half-and-half and crème de cacao; cover and shake. Strain into cocktail glass.
- Garnish with toasted coconut.

## Nutrition Facts

PROTEIN 0.13%   FAT 3.63%   CARBS 96.24%

## Properties

Glycemic Index:80.09, Glycemic Load:139.68, Inflammation Score:1, Nutrition Score:2.1247826148958%

## Nutrients (% of daily need)

Calories: 964.31kcal (48.22%), Fat: 3.99g (6.14%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 237.81g (79.27%), Net Carbohydrates: 236.91g (86.15%), Sugar: 233.72g (259.69%), Cholesterol: 0mg (0%), Sodium: 39.03mg (1.7%), Alcohol: 2.81g (100%), Alcohol %: 0.67% (100%), Protein: 0.33g (0.67%), Iron: 1.78mg (9.91%), Manganese: 0.16mg (7.9%), Copper: 0.1mg (5.17%), Vitamin B1: 0.06mg (3.91%), Vitamin B2: 0.06mg (3.76%), Fiber: 0.9g (3.6%), Selenium: 2.49µg (3.56%), Magnesium: 9.57mg (2.39%), Potassium: 64.8mg (1.85%), Calcium: 15.7mg (1.57%), Zinc: 0.23mg (1.53%), Phosphorus: 14.5mg (1.45%)