



Coconut Macaroon Cookie Cocktail

 **Gluten Free**  **Low Fod Map**

READY IN



70 min.

SERVINGS



1

CALORIES



1004 kcal

BEVERAGE

DRINK

Ingredients

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

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 crme de cacao; cover and shake. Strain into cocktail glass.
- Garnish with toasted coconut.

Nutrition Facts

 **PROTEIN 0.49%** **FAT 6.51%** **CARBS 93%**

Properties

Glycemic Index:80.09, Glycemic Load:139.68, Inflammation Score:-1, Nutrition Score:3.0217391459838%

Nutrients (% of daily need)

Calories: 1003.61kcal (50.18%), Fat: 7.44g (11.45%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 239.1g (79.7%), Net Carbohydrates: 238.2g (86.62%), Sugar: 234.96g (261.06%), Cholesterol: 10.5mg (3.5%), Sodium: 57.33mg (2.49%), Alcohol: 2.81g (100%), Alcohol %: 0.63% (100%), Protein: 1.27g (2.54%), Iron: 1.8mg (9.99%), Manganese: 0.16mg (7.92%), Vitamin B2: 0.12mg (7.19%), Copper: 0.11mg (5.3%), Selenium: 3.45µg (4.93%), Calcium: 47.8mg (4.78%), Vitamin B1: 0.07mg (4.51%), Phosphorus: 43mg (4.3%), Fiber: 0.9g (3.6%), Magnesium: 12.57mg (3.14%), Potassium: 104.4mg (2.98%), Zinc: 0.35mg (2.31%), Vitamin A: 106.2IU (2.12%), Vitamin B5: 0.12mg (1.17%), Vitamin B6: 0.02mg (1.02%)