



## Cookie Sandwich Cocktail

READY IN



5 min.

SERVINGS



1

CALORIES



236 kcal

BEVERAGE

DRINK

### Ingredients

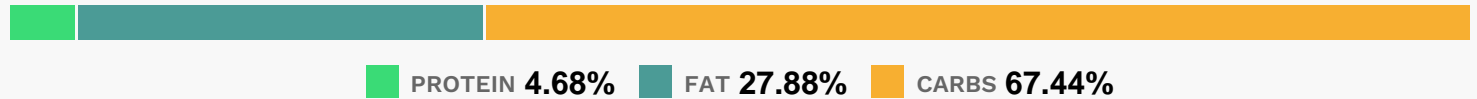
- 1 serving ice cubes
- 4 lime wedges
- 1 ounce pineapple juice
- 1 serving vanilla cream sandwich cookies crushed (recommended: Oreo)
- 2 ounces vanilla vodka plus more for the rim
- 1 serving whipped cream canned

### Equipment

# Directions

- Pour a little vanilla vodka into a shallow dish. Dip the rim of a chilled martini glass in the vodka and then into the crushed cookies. Reserve.
- To a martini shaker, add ice, 2 ounces vanilla vodka, pineapple juice and squeeze in the 4 lime wedges. Shake ingredients and add to prepared glass. Top with a quick spray of whipped cream.

# Nutrition Facts



# Properties

Glycemic Index:148, Glycemic Load:3.84, Inflammation Score:-4, Nutrition Score:4.9082608300707%

# Flavonoids

Hesperetin: 30.96mg, Hesperetin: 30.96mg, Hesperetin: 30.96mg, Hesperetin: 30.96mg Naringenin: 2.45mg, Naringenin: 2.45mg, Naringenin: 2.45mg, Naringenin: 2.45mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

# Nutrients (% of daily need)

Calories: 235.61kcal (11.78%), Fat: 3.68g (5.66%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.6g (6.4%), Sugar: 9.14g (10.15%), Cholesterol: 4.56mg (1.52%), Sodium: 49.83mg (2.17%), Alcohol: 18.94g (100%), Alcohol %: 10.42% (100%), Protein: 1.39g (2.78%), Vitamin C: 23.79mg (28.83%), Manganese: 0.23mg (11.28%), Iron: 1.9mg (10.55%), Fiber: 2.4g (9.61%), Copper: 0.12mg (5.97%), Folate: 17.96µg (4.49%), Vitamin B1: 0.07mg (4.36%), Potassium: 146.2mg (4.18%), Calcium: 37.57mg (3.76%), Magnesium: 14.27mg (3.57%), Vitamin K: 3.74µg (3.56%), Phosphorus: 33.94mg (3.39%), Vitamin B2: 0.06mg (3.25%), Vitamin B6: 0.06mg (3.22%), Vitamin E: 0.48mg (3.22%), Vitamin B3: 0.5mg (2.5%), Vitamin B5: 0.22mg (2.24%), Vitamin A: 78.74IU (1.57%), Zinc: 0.22mg (1.48%), Selenium: 0.99µg (1.41%)