



Crystal Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



383 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup amaretto
- ☐ 0.5 cup brandy
- ☐ 2 cups eggnog chilled store bought
- ☐ 1 teaspoon ground nutmeg
- ☐ 4 servings pumpkin pie spice for garnish
- ☐ 4 servings sugar crystals white
- ☐ 0.5 cup whipped cream

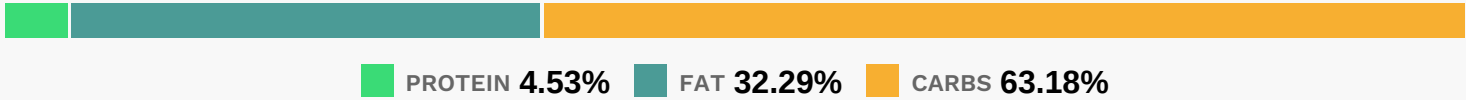
Equipment

blender

Directions

- Spread some sugar crystals in a saucer. Dampen rims of martini glasses and coat with sugar crystals.
- Combine the eggnog, brandy, amaretto, nutmeg, and vanilla ice cream in a blender.
- Pour into prepare martini glasses.
- Garnish each drink with a pinch of pumpkin pie spice.

Nutrition Facts



Properties

Glycemic Index:69.27, Glycemic Load:20, Inflammation Score:-4, Nutrition Score:4.0734783203705%

Nutrients (% of daily need)

Calories: 383.18kcal (19.16%), Fat: 9.51g (14.63%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 41.03g (14.92%), Sugar: 39.19g (43.54%), Cholesterol: 36.3mg (12.1%), Sodium: 69.38mg (3.02%), Alcohol: 17.69g (100%), Alcohol %: 14.42% (100%), Caffeine: 7.67mg (2.56%), Protein: 3g (6.01%), Vitamin B2: 0.21mg (12.16%), Calcium: 113.75mg (11.38%), Manganese: 0.19mg (9.52%), Phosphorus: 91.84mg (9.18%), Vitamin A: 350.45IU (7.01%), Vitamin B12: 0.32µg (5.36%), Potassium: 182.24mg (5.21%), Vitamin B5: 0.48mg (4.79%), Zinc: 0.63mg (4.17%), Magnesium: 14.71mg (3.68%), Fiber: 0.83g (3.32%), Vitamin B1: 0.04mg (2.66%), Selenium: 1.75µg (2.49%), Copper: 0.05mg (2.39%), Vitamin B6: 0.04mg (2.24%), Iron: 0.32mg (1.79%), Vitamin E: 0.27mg (1.78%), Folate: 4.74µg (1.19%), Vitamin D: 0.17µg (1.1%)