



Dirty Irishman

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

READY IN



2 min.

SERVINGS



1

CALORIES



256 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 fluid ounce jigger irish cream liqueur
- 1.5 fluid ounce jigger irish whiskey

Equipment

Directions

- Fill a short glass with ice, and pour in the Irish cream liqueur, and Irish whiskey. Stir and serve.

Nutrition Facts



■ PROTEIN **5.23%** ■ FAT **51%** ■ CARBS **43.77%**

Properties

Glycemic Index:15, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:0.048695652057295%

Nutrients (% of daily need)

Calories: 255.93kcal (12.8%), Fat: 5.77g (8.87%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 11.13g (4.05%), Sugar: 8.92g (9.91%), Cholesterol: 0.02mg (0.01%), Sodium: 0.04mg (0%), Alcohol: 21.96g (100%), Alcohol %: 31.37% (100%), Protein: 1.33g (2.66%)