

Easter Egg

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



421 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 ounces cup heavy whipping cream
- 1.5 ounces raspberry liqueur black
- 1.5 ounces rum dark

Equipment

Directions

- Pour the Chambord into a 4-ounce shot glass.Using the convex side of a barspoon, slowly pour the Tia Maria over the Chambord.Using the same technique, slowly pour the cream over the Tia Maria, making sure not to disturb it, to create a layered effect.

Nutrition Facts

■ PROTEIN 1.82% ■ FAT 49.31% ■ CARBS 48.87%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:1.8921739018482%

Nutrients (% of daily need)

Calories: 421.42kcal (21.07%), Fat: 15.61g (24.01%), Saturated Fat: 9.87g (61.68%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 34.8g (12.66%), Sugar: 34.84g (38.71%), Cholesterol: 48.05mg (16.02%), Sodium: 18.29mg (0.8%), Alcohol: 20.28g (100%), Alcohol %: 20.15% (100%), Caffeine: 11.06mg (3.69%), Protein: 1.29g (2.59%), Vitamin A: 625.11IU (12.5%), Vitamin B2: 0.09mg (5%), Vitamin D: 0.68µg (4.54%), Calcium: 28.49mg (2.85%), Phosphorus: 27.22mg (2.72%), Vitamin E: 0.39mg (2.61%), Selenium: 1.4µg (2%), Potassium: 53.16mg (1.52%), Vitamin K: 1.36µg (1.3%), Vitamin B12: 0.07µg (1.13%), Vitamin B5: 0.11mg (1.08%), Copper: 0.02mg (1.08%), Magnesium: 4.25mg (1.06%)