



Fearsome Flip

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



357 kcal

BEVERAGE

DRINK

Ingredients

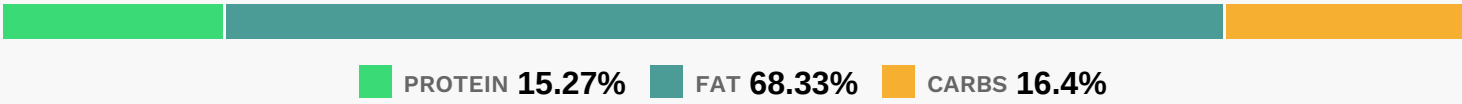
- ☐ 0.3 ounce allspice
- ☐ 1 eggs fresh
- ☐ 1 serving grating nutmeg fresh for garnish
- ☐ 0.8 ounce hazelnuts
- ☐ 1 serving ice cubes
- ☐ 1 ounce rum
- ☐ 1 ounce spiced rum

Equipment

Directions

- ☐ Add all ingredients except nutmeg to a cocktail shaker. Shake without ice for fifteen seconds. Fill shaker with ice and shake for thirty seconds.
- ☐ Strain into a coupe glass, grate nutmeg on top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:130, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:13.919565128243%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 356.56kcal (17.83%), Fat: 18.45g (28.39%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 5.96g (2.17%), Sugar: 1.66g (1.84%), Cholesterol: 163.68mg (54.56%), Sodium: 71.62mg (3.11%), Alcohol: 18.94g (100%), Alcohol %: 12.83% (100%), Protein: 9.28g (18.56%), Manganese: 1.6mg (80.1%), Vitamin E: 3.65mg (24.34%), Copper: 0.48mg (23.9%), Selenium: 14.24µg (20.35%), Phosphorus: 163.32mg (16.33%), Fiber: 4.01g (16.04%), Vitamin B2: 0.23mg (13.7%), Magnesium: 53.73mg (13.43%), Iron: 2.35mg (13.07%), Folate: 48.78µg (12.19%), Vitamin B1: 0.17mg (11.45%), Vitamin B6: 0.21mg (10.66%), Calcium: 101.09mg (10.11%), Vitamin B5: 0.87mg (8.7%), Zinc: 1.23mg (8.21%), Potassium: 287.43mg (8.21%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin A: 282.16IU (5.64%), Vitamin C: 4.18mg (5.06%), Vitamin B3: 0.65mg (3.26%), Vitamin K: 3.15µg (3%)