



Ginger Snap

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



151 kcal

Ingredients

- 1 tsp cinnamon schnapps
- 1 serving cinnamon sticks
- 1 serving crystallized ginger square
- 1.5 oz rum dark
- 1 egg white
- 1 oz prepare as
- 1 tsp ginger juice
- 1 pinch ground cloves
- 1 serving ice cubes

1 serving ground gingerbread cookie finely

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Equipment

Directions

Watch how to make this recipe.

Pour enough ginger beer into a saucer to cover and dip a martini glass into the saucer to coat the rim. Dip into a saucer with ground cookie. Scoop ice into shaker.

Pour ginger juice, rum and cinnamon schnapps into a shaker.

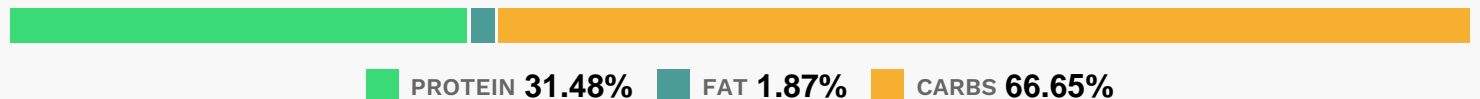
Add a pinch of ground cloves. Separate an egg and add egg white to shaker. Shake vigorously for at least 20 seconds until drink is frothy and foamy. The longer you shake, the foamier the drink.

Add ginger beer and stir slightly.

Pour into glass.

Garnish with a cinnamon stick and crystallized ginger square, and sprinkle the top with finely ground gingerbread cookie.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:1.59, Inflammation Score:-2, Nutrition Score:2.4408695992568%

Nutrients (% of daily need)

Calories: 150.64kcal (7.53%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.01g (2.18%), Sugar: 5.46g (6.06%), Cholesterol: 0mg (0%), Sodium: 55.97mg (2.43%), Alcohol: 16.35g (100%), Alcohol %: 12.19% (100%), Protein: 3.36g (6.71%), Manganese: 0.42mg (21.2%), Selenium: 6.1µg (8.71%), Vitamin B2: 0.13mg (7.91%), Fiber: 1.1g (4.38%), Calcium: 25.3mg (2.53%), Copper: 0.04mg (1.85%), Potassium: 59.67mg (1.7%), Iron: 0.27mg (1.5%), Magnesium: 5.6mg (1.4%)