



Gingerbread Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



29 min.

SERVINGS



4

CALORIES



404 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 1 inch ginger fresh thinly sliced
- ☐ 3 tablespoons frangelico (recommended: Frangelico)
- ☐ 2 tablespoons espresso powder instant
- ☐ 0.5 cup kahlua
- ☐ 1.5 cups sugar
- ☐ 1 cup water
- ☐ 1 cup water boiling

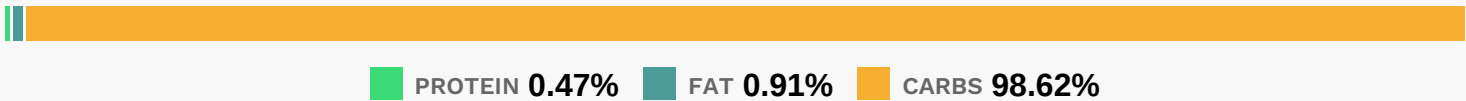
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ For the syrup: In a small saucepan over medium heat, combine the water, sugar, ginger, cinnamon, and cloves. Bring to a boil, then reduce the heat and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved.
- ☐ Remove the pan from the heat and allow the syrup to cool, about 20 minutes.
- ☐ Remove and discard the ginger, cinnamon, and cloves.
- ☐ For the espresso: In an 8-ounce glass measuring cup, whisk together the boiling water, espresso powder, and liqueur, if using, until the powder is dissolved. Set aside to cool.
- ☐ Combine 1 cup syrup with the espresso/hazelnut liqueur mixture in a large martini shaker.
- ☐ Add the Kaluha and shake to combine.
- ☐ Pour over ice-filled glasses and serve.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:52.42, Inflammation Score:-1, Nutrition Score:1.850434800205%

Nutrients (% of daily need)

Calories: 404.48kcal (20.22%), Fat: 0.38g (0.58%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 92.11g (30.7%), Net Carbohydrates: 91.15g (33.14%), Sugar: 88.72g (98.58%), Cholesterol: 0mg (0%), Sodium: 10.35mg (0.45%), Alcohol: 6.4g (100%), Alcohol %: 3.38% (100%), Caffeine: 78.5mg (26.17%), Protein: 0.44g (0.87%), Manganese: 0.36mg (17.77%), Fiber: 0.96g (3.86%), Vitamin B3: 0.74mg (3.71%), Potassium: 104.81mg (2.99%), Magnesium: 11.16mg (2.79%), Calcium: 25.64mg (2.56%), Copper: 0.04mg (1.88%), Iron: 0.3mg (1.69%), Selenium: 0.83µg (1.19%), Vitamin B2: 0.02mg (1.02%)