



Irish Cookie

READY IN



45 min.

SERVINGS



1

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 0.5 ounce stirrings chocolate peppermintini cocktail mixer
- ☐ 6 ounces guinness stout
- ☐ 0.5 ounce baileys irish cream
- ☐ 0.5 ounce goldschläger
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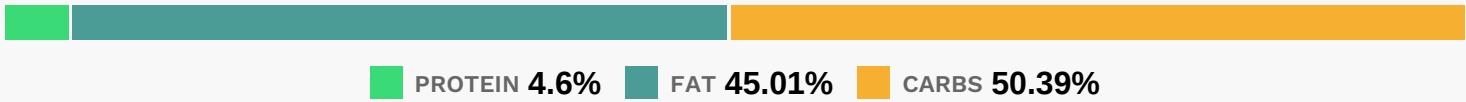
Equipment

Directions

☐

Mix all ingredients in a chilled pint glass.Hard oatmeal cookie garnish (optional).

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:3.32, Inflammation Score:-4, Nutrition Score:1.161304347865%

Nutrients (% of daily need)

Calories: 178.09kcal (8.9%), Fat: 6.69g (10.29%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 16.07g (5.84%), Sugar: 10.13g (11.26%), Cholesterol: 0.01mg (0%), Sodium: 2.28mg (0.1%), Alcohol: 1.91g (100%), Alcohol %: 1.22% (100%), Caffeine: 9.36mg (3.12%), Protein: 1.54g (3.08%), Copper: 0.08mg (4.07%), Magnesium: 16.02mg (4%), Manganese: 0.07mg (3.5%), Fiber: 0.78g (3.12%), Iron: 0.39mg (2.17%), Phosphorus: 20.84mg (2.08%), Vitamin B2: 0.03mg (2%), Zinc: 0.21mg (1.42%), Potassium: 41.11mg (1.17%)