



Irish Crème Liqueur in Chocolate Cups

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



903 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons chocolate syrup
- ☐ 1 egg yolk
- ☐ 1 cup half and half
- ☐ 2 teaspoons coffee instant
- ☐ 1 cup milk
- ☐ 1 Cups chocolate
- ☐ 0.3 cup rum
- ☐ 14 ounce condensed milk sweetened canned

- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup irish whiskey

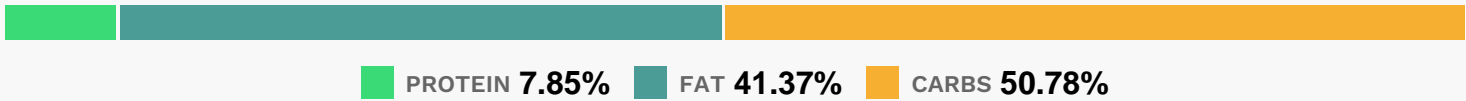
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a heavy saucepan over medium heat, stirring constantly, until coffee dissolves.
- ☐ Beat egg yolk until thick. Gradually stir about one-fourth of hot mixture into yolk; add to remaining hot mixture, stirring constantly. Cook, stirring constantly, 2 minutes.
- ☐ Remove from heat, and stir in whiskey and next 3 ingredients. Cool.
- ☐ Pour into a bottle or jar; cover tightly with lid, and chill at least 8 hours. Store in refrigerator up to 2 months, if desired. Shake well, and serve in Petite Chocolate Cups.

Nutrition Facts



Properties

Glycemic Index:42.9, Glycemic Load:44.25, Inflammation Score:-7, Nutrition Score:16.009130322415%

Nutrients (% of daily need)

Calories: 903.39kcal (45.17%), Fat: 33.81g (52.02%), Saturated Fat: 20.1g (125.64%), Carbohydrates: 93.37g (31.12%), Net Carbohydrates: 90.71g (32.98%), Sugar: 87.39g (97.1%), Cholesterol: 110.83mg (36.94%), Sodium: 203.14mg (8.83%), Alcohol: 29.04g (100%), Alcohol %: 10.17% (100%), Caffeine: 45.17mg (15.06%), Protein: 14.44g (28.88%), Phosphorus: 469.16mg (46.92%), Vitamin B2: 0.75mg (44.29%), Calcium: 440.33mg (44.03%), Selenium: 21.73µg (31.04%), Magnesium: 97.36mg (24.34%), Potassium: 717.16mg (20.49%), Copper: 0.34mg (17.11%), Vitamin B12: 0.97µg (16.14%), Zinc: 2.28mg (15.18%), Manganese: 0.29mg (14.51%), Vitamin B5: 1.32mg (13.15%), Vitamin A: 642.81IU (12.86%), Vitamin B1: 0.17mg (11.03%), Fiber: 2.67g (10.66%), Iron: 1.81mg (10.03%), Vitamin B6: 0.15mg (7.72%), Vitamin D: 1.11µg (7.42%), Folate: 20.81µg (5.2%), Vitamin B3: 0.85mg (4.26%), Vitamin K: 4.41µg (4.2%), Vitamin E: 0.57mg (3.82%), Vitamin C: 3.14mg (3.81%)