



Irish Flag



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients



1 ounce brandy



1 ounce crème de cassis liqueur green



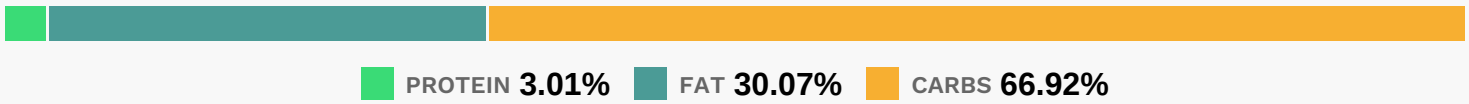
1 ounce baileys irish cream

Equipment

Directions

- ☐
- Pour crme de menthe into a cordial glass. Take a teaspoon and touch the edge of the spoonto the inside of the glass, the round side up just at the surface of the crme de menthe layer. Gently pour the Irish cream onto the rounded spoon back forming a white layer above the green layer. Then repeat the process for the layer of orange or brandy.
- ☐
- The finished drink should be bands of green, white, and orange, like the Irish flag.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.133478258372%

Nutrients (% of daily need)

Calories: 263.37kcal (13.17%), Fat: 3.77g (5.8%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 18.88g (6.87%), Sugar: 17.46g (19.4%), Cholesterol: 0.01mg (0%), Sodium: 1.72mg (0.07%), Alcohol: 21.74g (100%), Alcohol %: 32.4% (100%), Protein: 0.85g (1.7%), Copper: 0.03mg (1.43%)