



Italian Eggnog Martini



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



230 kcal

BEVERAGE

DRINK

Ingredients

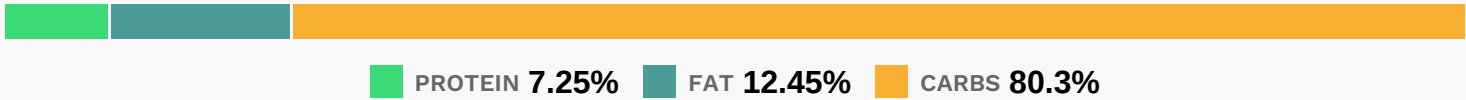
- ☐ 1 oz vodka your favorite (pick brand)
- ☐ 2 oz eggnog store bought
- ☐ 1 serving maraschino cherries
- ☐ 1 serving cinnamon
- ☐ 1 serving brown sugar
- ☐ 1 serving mrs richardson's butterscotch caramel sauce
- ☐ 1 oz frangelico

Equipment

Directions

- ☐ Coat the inside of a small plate with caramel syrup, sprinkle with brown sugar and cinnamon. Dip the rim of a martini glass in the mixture and spin back and forth and all around until the whole rim is coated.
- ☐ Place the glass in the freezer.
- ☐ In a shaker with ice, add the eggnog, vodka and Disaronno. Shake for a minute.
- ☐ Remove glass from freezer.
- ☐ Place one maraschino cherry in the bottom of the glass.
- ☐ Pour mix from shaker into glass and sprinkle with cinnamon.
- ☐ Garnish with a candy cane and a cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:2.54, Inflammation Score:-2, Nutrition Score:3.9521739016409%

Nutrients (% of daily need)

Calories: 230.17kcal (11.51%), Fat: 2.41g (3.71%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 33.78g (12.28%), Sugar: 33.23g (36.92%), Cholesterol: 33.45mg (11.15%), Sodium: 168.82mg (7.34%), Alcohol: 9.47g (100%), Alcohol %: 8.82% (100%), Protein: 3.16g (6.32%), Manganese: 0.38mg (18.77%), Calcium: 119.37mg (11.94%), Phosphorus: 80.41mg (8.04%), Vitamin B2: 0.11mg (6.5%), Vitamin B12: 0.33µg (5.45%), Fiber: 1.22g (4.89%), Vitamin D: 0.68µg (4.54%), Selenium: 3.02µg (4.32%), Potassium: 135.23mg (3.86%), Magnesium: 14.53mg (3.63%), Vitamin A: 160.95IU (3.22%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.31mg (2.08%), Iron: 0.33mg (1.85%), Vitamin B6: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.41%), Vitamin C: 1.13mg (1.37%), Copper: 0.03mg (1.3%), Vitamin E: 0.19mg (1.25%)