



Italian Stallion



Gluten Free



Dairy Free



Low Fod Map

READY IN



1 min.

SERVINGS



1

CALORIES



234 kcal

BEVERAGE

DRINK

Ingredients

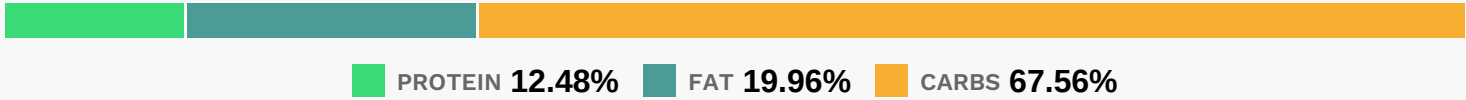
- ☐ 1 fluid ounce brandy
- ☐ 1 fluid ounce rum / brandy / coffee liqueur flavored
- ☐ 1 fluid ounce frangelico
- ☐ 1 ounce cocoa instant
- ☐ 1 cup water boiling

Equipment

Directions

☐ In a 12 ounce coffee mug, stir together instant cocoa and boiling water. Stir in hazelnut liqueur, coffee liqueur and brandy.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:12.2299999967243%

Flavonoids

Catechin: 18.38mg, Catechin: 18.38mg, Catechin: 18.38mg, Catechin: 18.38mg Epicatechin: 55.69mg, Epicatechin: 55.69mg, Epicatechin: 55.69mg, Epicatechin: 55.69mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 234.37kcal (11.72%), Fat: 3.97g (6.11%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 19.76g (7.19%), Sugar: 14.33g (15.93%), Cholesterol: 0mg (0%), Sodium: 20.44mg (0.89%), Alcohol: 16.29g (100%), Alcohol %: 5.84% (100%), Caffeine: 65.2mg (21.73%), Protein: 5.59g (11.17%), Copper: 1.12mg (55.93%), Manganese: 1.09mg (54.65%), Fiber: 10.49g (41.96%), Magnesium: 143.83mg (35.96%), Iron: 3.95mg (21.96%), Phosphorus: 209.27mg (20.93%), Zinc: 1.97mg (13.11%), Potassium: 431.5mg (12.33%), Selenium: 4.05µg (5.79%), Calcium: 43.38mg (4.34%), Vitamin B2: 0.07mg (4.09%), Vitamin B3: 0.62mg (3.11%), Folate: 9.07µg (2.27%), Vitamin B6: 0.03mg (1.69%), Vitamin B1: 0.02mg (1.59%)