

Koffie Van Brunt

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1.3 cups freshly coffee brewed
- ☐ 2 teaspoons brown sugar packed ()
- ☐ 2 tablespoons heavy whipping cream chilled
- ☐ 2 tablespoons cherry heering liqueur
- ☐ 1 cranberry-orange relish
- ☐ 4 tablespoons aged rum dark

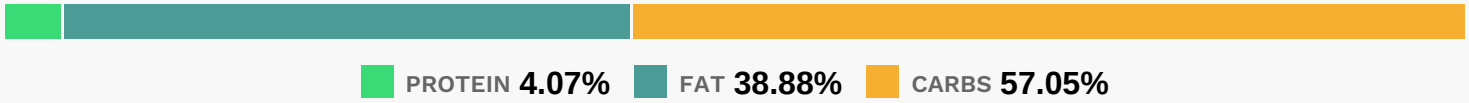
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk cream in small bowl until slightly thickened but still pourable. Divide rum, Cherry Heering, and brown sugar between 2 warm mugs.
- ☐ Add 2/3 cup hot coffee to each mug and stir to dissolve sugar. Spoon whipped cream atop coffee. Finely grate small amount of orange peel and cinnamon over drinks and serve.

Nutrition Facts



Properties

Glycemic Index: 31.25, Glycemic Load: 2.64, Inflammation Score: -6, Nutrition Score: 6.1439130630182%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg
Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg
Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg
Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg
Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg
Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg
Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 211.34kcal (10.57%), Fat: 5.55g (8.53%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 15.81g (5.75%), Sugar: 15.25g (16.94%), Cholesterol: 16.95mg (5.65%), Sodium: 8.81mg (0.38%), Alcohol: 16.08g (100%), Alcohol %: 7.05% (100%), Caffeine: 63.2mg (21.07%), Protein: 1.31g (2.61%), Vitamin C: 35mg (42.43%), Manganese: 0.37mg (18.32%), Vitamin B2: 0.18mg (10.38%), Fiber: 2.5g (10.01%), Vitamin A: 373.04IU (7.46%), Potassium: 223.69mg (6.39%), Vitamin B5: 0.61mg (6.15%), Calcium: 60.12mg (6.01%), Folate: 23.56µg (5.89%), Vitamin B1: 0.08mg (5.62%), Magnesium: 13.75mg (3.44%), Vitamin B3: 0.53mg (2.64%), Vitamin B6: 0.05mg (2.54%), Phosphorus: 25.09mg (2.51%), Copper: 0.05mg (2.42%), Vitamin E: 0.31mg (2.08%), Vitamin D: 0.24µg (1.6%), Iron: 0.28mg (1.57%), Selenium: 0.88µg (1.26%), Vitamin K: 1.18µg (1.13%), Zinc: 0.16mg (1.06%)