



## Mapletini



Gluten Free



Dairy Free



Low Fod Map

READY IN



1 min.

SERVINGS



1

CALORIES



496 kcal

BEVERAGE

DRINK

## Ingredients

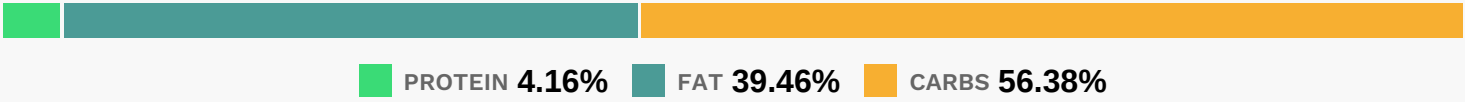
- ☐ 1 shot brandy
- ☐ 0.5 shot cinnamon schnapps
- ☐ 1 serving cinnamon sticks for garnish
- ☐ 1 serving ice cubes
- ☐ 2 shots irish cream liqueur
- ☐ 1 teaspoon maple syrup

## Equipment

# Directions

- ☐
- Place all ingredients in a cocktail shaker with ice. Shake and strain into a martini glass.
- ☐
- Garnish with cinnamon stick.

# Nutrition Facts



# Properties

Glycemic Index:56.5, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:1.9800000047392%

# Nutrients (% of daily need)

Calories: 496.34kcal (24.82%), Fat: 11.56g (17.78%), Saturated Fat: 7.1g (44.4%), Carbohydrates: 37.15g (12.38%), Net Carbohydrates: 36.09g (13.12%), Sugar: 30.55g (33.94%), Cholesterol: 0.04mg (0.01%), Sodium: 4.14mg (0.18%), Alcohol: 36.24g (100%), Alcohol %: 20.91% (100%), Protein: 2.74g (5.48%), Manganese: 0.52mg (25.91%), Vitamin B2: 0.09mg (5.38%), Fiber: 1.06g (4.25%), Calcium: 29.35mg (2.94%), Copper: 0.03mg (1.25%), Iron: 0.19mg (1.07%)