



Newfoundland Coffee



Gluten Free



Dairy Free

READY IN



1 min.

SERVINGS



1

CALORIES



229 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 fluid ounces hot-brewed coffee hot brewed
- ☐ 1 fluid ounce rum / brandy / coffee liqueur flavored
- ☐ 1 fluid ounce rum dark
- ☐ 0.5 fluid ounce irish cream liqueur
- ☐ 1 maraschino cherry

Equipment

Directions

- ☐ Measure rum and coffee liqueur into a coffee mug.
- ☐ Pour in hot coffee. Top with Irish cream, and garnish with a cherry.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.5339130129989%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Myricetin: 0.12mg,
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,
Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 228.69kcal (11.43%), Fat: 2.07g (3.18%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 19.64g (6.55%), Net
Carbohydrates: 19.48g (7.08%), Sugar: 18.74g (20.82%), Cholesterol: 0.01mg (0%), Sodium: 7.6mg (0.33%), Alcohol:
18.29g (100%), Alcohol %: 7.35% (100%), Caffeine: 94.62mg (31.54%), Protein: 0.77g (1.54%), Vitamin B2: 0.18mg
(10.65%), Vitamin B5: 0.6mg (6.04%), Potassium: 117.56mg (3.36%), Manganese: 0.06mg (3.02%), Vitamin B1:
0.03mg (2.33%), Vitamin B3: 0.46mg (2.28%), Magnesium: 7.3mg (1.82%), Folate: 4.73µg (1.18%)