

Oatmeal Cookie



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

DESSERT

Ingredients

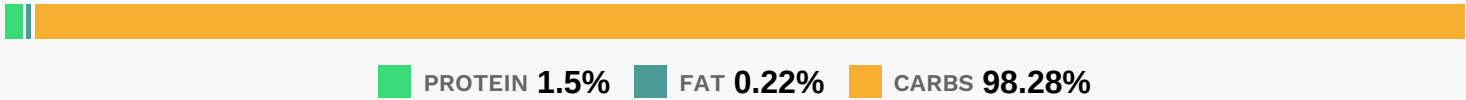
- ☐ 4 servings ice cubes
- ☐ 3 ounces blackstrap molasses
- ☐ 3 ounces port wine
- ☐ 12 ounces porter

Equipment

Directions

- ☐
- Fill a cocktail shaker halfway full with ice cubes.
- ☐
- Add the molasses, port, and Goldschläger. Shake until cold.
- ☐
- Strain into four old-fashioned glasses. Top with the oatmeal stout, and serve.
- ☐
- From Beer Cocktails: 50 Superbly Crafted Cocktails that Liven Up Your Lagers and Ales by Howard & Ashley Stelzer. Copyright © 2012 by Howard Stelzer and Ashley Stelzer; photographs © 2012 by Jerry Errico. Published by Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:6.99, Inflammation Score:-5, Nutrition Score:3.2726087051889%

Flavonoids

Petunidin: 1.41mg, Petunidin: 1.41mg, Petunidin: 1.41mg, Petunidin: 1.41mg Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg Malvidin: 20.16mg, Malvidin: 20.16mg, Malvidin: 20.16mg, Malvidin: 20.16mg Peonidin: 0.84mg, Peonidin: 0.84mg, Peonidin: 0.84mg, Peonidin: 0.84mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 125.62kcal (6.28%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 21.17g (7.7%), Sugar: 17.54g (19.49%), Cholesterol: 0mg (0%), Sodium: 12.58mg (0.55%), Alcohol: 3.25g (100%), Alcohol %: 2.25% (100%), Protein: 0.32g (0.65%), Manganese: 0.35mg (17.53%), Magnesium: 53.93mg (13.48%), Potassium: 329.99mg (9.43%), Vitamin B6: 0.14mg (7.12%), Copper: 0.12mg (6.1%), Iron: 1.05mg (5.86%), Selenium: 3.89µg (5.56%), Calcium: 46.97mg (4.7%), Vitamin B5: 0.18mg (1.78%), Vitamin B3: 0.24mg (1.22%)