

PDT's Gingerbread Man

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



703 kcal

BEVERAGE

DRINK

Ingredients

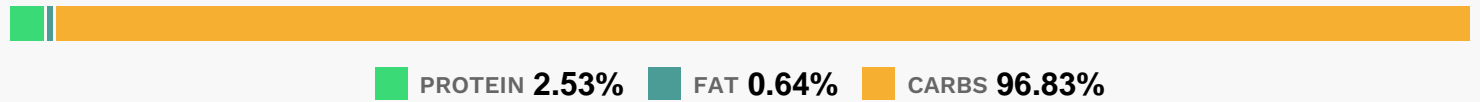
- 1 serving cinnamon grated
- 1 egg whites
- 0.8 ounce ginger
- 0.5 ounce blackstrap molasses
- 6 ounces blackstrap molasses
- 1 pimientos
- 2 ounces rum
- 6 ounces water hot

Equipment

Directions

- To make the molasses syrup: Stir molasses and hot water in a resealable jar until dissolved.
- Let cool before using. Molasses syrup can be stored in the refrigerator for up to 2 weeks.
- Add rum, 1/2 ounce molasses syrup, ginger liqueur, bitters, and egg white to a shaker. Shake without ice for 10 seconds to break up egg white.
- Add ice to shaker and shake again until well chilled, about 15 seconds.
- Double strain into chilled coupe glass. Grate cinnamon on top and serve.

Nutrition Facts



Properties

Glycemic Index:168, Glycemic Load:61.11, Inflammation Score:-9, Nutrition Score:26.339130461216%

Nutrients (% of daily need)

Calories: 703.19kcal (35.16%), Fat: 0.42g (0.65%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 143.32g (47.77%), Net Carbohydrates: 141.81g (51.57%), Sugar: 138.3g (153.67%), Cholesterol: 0mg (0%), Sodium: 130.19mg (5.66%), Alcohol: 18.94g (100%), Alcohol %: 5.16% (100%), Protein: 3.75g (7.5%), Manganese: 3.23mg (161.59%), Magnesium: 461.35mg (115.34%), Potassium: 2839.19mg (81.12%), Vitamin B6: 1.28mg (63.82%), Selenium: 39.01µg (55.73%), Iron: 9.06mg (50.33%), Copper: 1mg (49.94%), Calcium: 408.47mg (40.85%), Vitamin B5: 1.59mg (15.89%), Vitamin B3: 1.95mg (9.73%), Vitamin B2: 0.15mg (8.61%), Phosphorus: 72.61mg (7.26%), Fiber: 1.51g (6.04%), Vitamin B1: 0.09mg (5.74%), Zinc: 0.69mg (4.63%), Vitamin C: 2.18mg (2.64%)