

Peppermint Barktini

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



550 kcal

BEVERAGE

DRINK

Ingredients

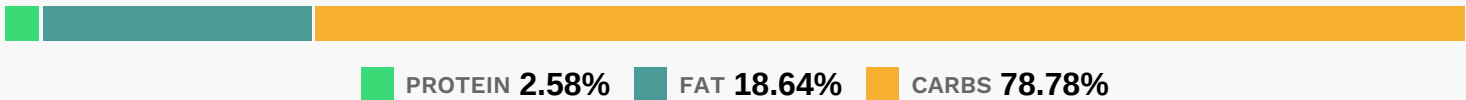
- ☐ 1 teaspoon plus
- ☐ 0.3 cup asian rice cracker snack mix crushed chex mix® muddy buddies®
- ☐ 0.3 cup ice cubes
- ☐ 0.3 cup pear liqueur
- ☐ 0.3 cup baileys irish cream
- ☐ 0.3 cup vodka
- ☐ 0.3 cup creme de cacao liqueur
- ☐ 0.3 teaspoon peppermint extract

Equipment

Directions

- ☐ Lightly brush or rub rim of 2 or 4 (3-oz) stemmed glasses glass with chocolate syrup; dip in crushed cereal. If desired, chill in freezer.
- ☐ Place ice in martini shaker or pitcher.
- ☐ Add all remaining ingredients. Shake or stir to blend and chill.
- ☐ Pour into glasses, straining out ice.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:1.0030434705803%

Nutrients (% of daily need)

Calories: 549.51kcal (27.48%), Fat: 5.85g (9%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 55.62g (18.54%), Net Carbohydrates: 55.2g (20.07%), Sugar: 38.89g (43.21%), Cholesterol: 0.31mg (0.1%), Sodium: 55.52mg (2.41%), Alcohol: 42.24g (100%), Alcohol %: 26.7% (100%), Protein: 1.82g (3.64%), Manganese: 0.06mg (3.04%), Folate: 8.63µg (2.16%), Vitamin B1: 0.03mg (2.05%), Vitamin B3: 0.37mg (1.84%), Iron: 0.32mg (1.8%), Fiber: 0.42g (1.68%), Vitamin B2: 0.03mg (1.54%), Phosphorus: 14.35mg (1.44%), Copper: 0.02mg (1.06%), Magnesium: 4.1mg (1.03%), Vitamin K: 1.07µg (1.01%)