



Pumpkin Spice Latte Martini

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



208 kcal

BEVERAGE

DRINK

Ingredients

- 1 fluid ounce half-and-half
- 1 fluid ounce kahlua pumpkin spice
- 1 fluid ounce vanilla vodka

Equipment

Directions

Place Kahlua, vodka, and half-and-half in cocktail shaker filled with ice. Shake until well blended and very cold. Strain into a martini glass.

Garnish with a dash of cinnamon and a cinnamon stick.

Nutrition Facts

PROTEIN 6.5% **FAT 39.67%** **CARBS 53.83%**

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.457826088304%

Nutrients (% of daily need)

Calories: 208.17kcal (10.41%), Fat: 7.13g (10.96%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 17.38g (6.32%), Sugar: 3.52g (3.91%), Cholesterol: 10.35mg (3.45%), Sodium: 33.71mg (1.47%), Alcohol: 9.88g (100%), Alcohol %: 14.11% (100%), Protein: 2.63g (5.26%), Manganese: 4.69mg (234.27%), Iron: 5.85mg (32.48%), Calcium: 233.31mg (23.33%), Fiber: 4.38g (17.51%), Magnesium: 43.17mg (10.79%), Vitamin C: 7.19mg (8.71%), Vitamin K: 8.78µg (8.36%), Copper: 0.15mg (7.44%), Potassium: 235.38mg (6.73%), Vitamin B6: 0.13mg (6.65%), Phosphorus: 64.46mg (6.45%), Vitamin B2: 0.1mg (5.88%), Zinc: 0.82mg (5.44%), Selenium: 3.7µg (5.28%), Vitamin E: 0.64mg (4.3%), Vitamin A: 181.86IU (3.64%), Vitamin B3: 0.7mg (3.48%), Vitamin B1: 0.05mg (3.27%), Folate: 7.98µg (2%)