



Pumpkin Spice Martini

 **Gluten Free**  **Dairy Free**  **Popular**  **Low Fod Map**

READY IN



5 min.

SERVINGS



1

CALORIES



265 kcal

BEVERAGE

DRINK

Ingredients

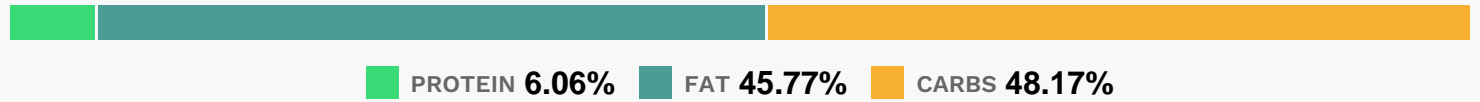
- 1 pinch ground cinnamon
- 1 pinch ground nutmeg
- 1 cup ice cubes
- 1.5 fluid ounce jigger irish cream liqueur (such as Bailey's®)
- 1.5 fluid ounce jigger pumpkin liqueur flavored hiram walker® (such as)
- 1.5 fluid ounce jigger vanilla vodka flavored stoli® (such as)

Equipment

Directions

- Pour the vanilla flavored vodka, Irish cream liqueur, and pumpkin flavored liqueur into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted. Strain into a chilled martini glass, and garnish with a sprinkle of ground cinnamon and ground nutmeg to serve.

Nutrition Facts



Properties

Glycemic Index:162, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:5.3852175253889%

Flavonoids

Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg

Nutrients (% of daily need)

Calories: 264.78kcal (13.24%), Fat: 6.18g (9.5%), Saturated Fat: 3.83g (23.95%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 14.09g (5.12%), Sugar: 10.38g (11.54%), Cholesterol: 0.02mg (0.01%), Sodium: 12.93mg (0.56%), Alcohol: 20.8g (100%), Alcohol %: 7.11% (100%), Protein: 1.84g (3.68%), Vitamin A: 3777.55IU (75.55%), Manganese: 0.12mg (5.97%), Copper: 0.11mg (5.48%), Vitamin C: 4.03mg (4.88%), Potassium: 155.61mg (4.45%), Vitamin E: 0.47mg (3.17%), Vitamin B2: 0.05mg (3.09%), Magnesium: 9.64mg (2.41%), Phosphorus: 23.99mg (2.4%), Iron: 0.41mg (2.26%), Fiber: 0.54g (2.14%), Calcium: 20.26mg (2.03%), Folate: 7.87µg (1.97%), Vitamin B1: 0.03mg (1.86%), Vitamin B6: 0.03mg (1.45%), Vitamin B3: 0.28mg (1.41%), Vitamin B5: 0.13mg (1.33%), Zinc: 0.19mg (1.27%)