



Smuggler's Coffee



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



28 kcal

BEVERAGE

DRINK

Ingredients

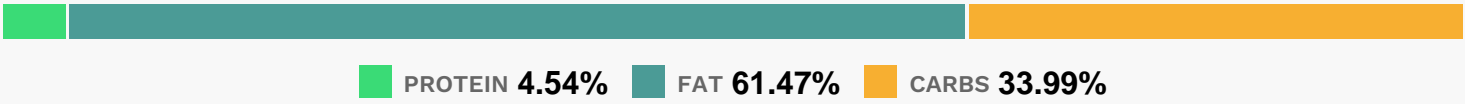
- ☐ 1 stick cinnamon (small)
- ☐ 0.5 cup hot-brewed coffee hot
- ☐ 1 ounce rum dark
- ☐ 1 orange zest finely grated for garnish (long)
- ☐ 1 ounce rum
- ☐ 2 teaspoons sugar
- ☐ 15 servings whipped cream sweetened grated for garnish

Equipment

Directions

- ☐ In a heatproof glass, stir the coffee and sugar until the sugar dissolves. Stir in both rums.
- ☐ Add the cinnamon and the strip of orange zest.
- ☐ Garnish with whipped cream, grated Mexican chocolate and grated orange zest.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:0.48217391838198%

Nutrients (% of daily need)

Calories: 27.64kcal (1.38%), Fat: 1.34g (2.06%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.46g (0.53%), Sugar: 1.02g (1.13%), Cholesterol: 4.56mg (1.52%), Sodium: 0.73mg (0.03%), Alcohol: 1.26g (100%), Alcohol %: 8.31% (100%), Caffeine: 3.16mg (1.05%), Protein: 0.22g (0.45%), Manganese: 0.04mg (2.17%), Vitamin C: 1.1mg (1.33%)