



Stumptown Vanilla Flip



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 egg whites fresh
- ☐ 1 serving ice cubes
- ☐ 0.8 ounce orange liqueur
- ☐ 2 ounces vanilla
- ☐ 0.5 ounce frangelico at room temperature

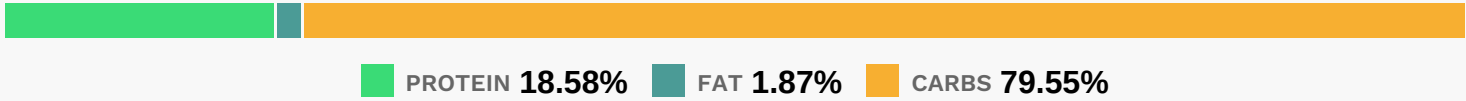
Equipment

- ☐ sieve

Directions

- ☐ Put the spring from a Hawthorn strainer and the egg white in a cocktail shaker and shake vigorously until soft peaks form, about 30 seconds; set aside. In a separate cocktail shaker, combine the vanilla liqueur, espresso, and orange liqueur with ice and shake well.
- ☐ Add this mixture to the egg white (with the shaker spring still inside) and quickly shake to combine.
- ☐ Pour into a chilled cocktail glass and garnish with the orange twist.
- ☐ From The American Cocktail: 50 Recipes that Celebrate the Craft of
- ☐ Mixing Drinks from Coast to Coast by the Editors of Imbibe Magazine. Text copyright © 2011 by Imbibe magazine; photographs copyright © 2011 by Sheri Giblin. Published by Chronicle Books.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.9195651878481%

Nutrients (% of daily need)

Calories: 244.38kcal (12.22%), Fat: 0.15g (0.23%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 14.24g (5.18%), Sugar: 14.23g (15.81%), Cholesterol: 0mg (0%), Sodium: 59.4mg (2.58%), Alcohol: 25.03g (100%), Alcohol %: 19.35% (100%), Caffeine: 5.53mg (1.84%), Protein: 3.33g (6.65%), Vitamin B2: 0.19mg (11.07%), Selenium: 6.06µg (8.66%), Manganese: 0.14mg (6.87%), Potassium: 139.19mg (3.98%), Copper: 0.07mg (3.26%), Magnesium: 11.3mg (2.83%), Vitamin B3: 0.3mg (1.52%), Calcium: 10.23mg (1.02%)