

The Errol Flip

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs fresh
- 1 serving ice cubes
- 1 serving nutmeg freshly grated
- 1 ounce porter
- 2 sugar
- 1 ounce irish whiskey

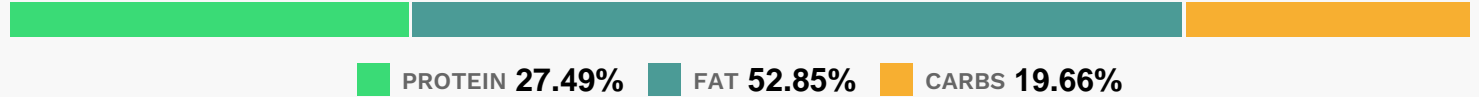
Equipment

- immersion blender

Directions

- Fill a cocktail shaker with ice.
- Add whiskey and beer and shake for 10 seconds. Strain into a 2 cup jar.
- Add egg and sugar. Blend with immersion blender until light and frothy.
- Pour into a cocktail glass and garnish with nutmeg.

Nutrition Facts



Properties

Glycemic Index:155.09, Glycemic Load:1.8, Inflammation Score:-3, Nutrition Score:4.5221739932895%

Nutrients (% of daily need)

Calories: 161.97kcal (8.1%), Fat: 4.92g (7.56%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.7g (1.34%), Sugar: 2.76g (3.06%), Cholesterol: 163.68mg (54.56%), Sodium: 65.62mg (2.85%), Alcohol: 10.21g (100%), Alcohol %: 8.05% (100%), Protein: 5.75g (11.51%), Selenium: 13.55µg (19.36%), Vitamin B2: 0.2mg (11.93%), Phosphorus: 92.23mg (9.22%), Vitamin B5: 0.67mg (6.75%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Folate: 22.2µg (5.55%), Vitamin A: 239.64IU (4.79%), Iron: 0.84mg (4.65%), Zinc: 0.62mg (4.15%), Vitamin B6: 0.08mg (3.9%), Manganese: 0.07mg (3.63%), Copper: 0.07mg (3.26%), Vitamin E: 0.46mg (3.08%), Calcium: 30.02mg (3%), Magnesium: 9.5mg (2.38%), Potassium: 68.04mg (1.94%), Vitamin B1: 0.03mg (1.79%), Fiber: 0.42g (1.66%)