

Advent Grog

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



8 min.

SERVINGS



1

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cinnamon sticks
- 0.5 ounces little demerara sugar (see note above)
- 1 serving lime
- 0.8 ounce juice of lime fresh
- 0.8 ounce rum black
- 2 ounces water boiling for warming mugs

Equipment

Directions

- Pre-heat mug by filling it with warm water for 1 minute. Dump out water when ready to fill mug.
- Add both types of rum, lime juice, demerara syrup, cinnamon stick, and 2 ounces boiling water to mug.
- Garnish with lime wheel and serve.

Nutrition Facts

PROTEIN 1.39% **FAT 0.82%** **CARBS 97.79%**

Properties

Glycemic Index:52, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:3.0191304107075%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 4.92mg, Hesperetin: 4.92mg, Hesperetin: 4.92mg, Hesperetin: 4.92mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 121.73kcal (6.09%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 17.35g (6.31%), Sugar: 14.61g (16.24%), Cholesterol: 0mg (0%), Sodium: 4.39mg (0.19%), Alcohol: 7.1g (100%), Alcohol %: 7.26% (100%), Protein: 0.28g (0.56%), Manganese: 0.63mg (31.3%), Vitamin C: 8.55mg (10.36%), Fiber: 2.14g (8.56%), Calcium: 43.76mg (4.38%), Iron: 0.41mg (2.3%), Copper: 0.04mg (1.85%), Potassium: 51.64mg (1.48%), Magnesium: 5.07mg (1.27%), Vitamin K: 1.26µg (1.2%)