

Almond Toddy



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 cups vanilla-flavored almond milk
- ☐ 1 fluid ounce brandy
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 teaspoon nutmeg plus more for garnish
- ☐ 2 servings slivered california almonds to garnish
- ☐ 2 fluid ounces spiced rum
- ☐ 2 servings whipped cream to garnish light

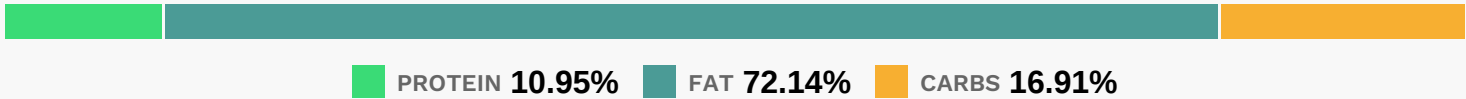
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Over low heat, combine almond milk, rum, brandy, almond extract, cinnamon and nutmeg in a medium saucepan, stirring constantly with a whisk until very warm.
- ☐ Pour into large mugs, leaving 1 inch of room at the top. Top with whipped cream, almonds and a sprinkle of nutmeg.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:2.3817391450638%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 163.58kcal (8.18%), Fat: 4.96g (7.63%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.96g (1.07%), Cholesterol: 4.56mg (1.52%), Sodium: 326.1mg (14.18%), Alcohol: 15.04g (100%), Alcohol %: 6.3% (100%), Protein: 1.69g (3.39%), Calcium: 314.45mg (31.44%), Manganese: 0.13mg (6.47%), Fiber: 1.21g (4.84%), Vitamin E: 0.31mg (2.04%), Phosphorus: 12.99mg (1.3%), Copper: 0.03mg (1.29%), Magnesium: 4.35mg (1.09%), Vitamin B2: 0.02mg (1.06%)