



American Treacle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



978 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 dash angostura bitters
- ☐ 1 dash apples
- ☐ 1 teaspoon little demerara sugar
- ☐ 3 cinnamon sticks
- ☐ 1 cup little demerara sugar
- ☐ 1 serving ice cubes
- ☐ 0.5 blackstrap molasses
- ☐ 2 ounces rum

☐ 1 cup water

Equipment

Directions

- ☐ For syrup, bring water, sugar, and cinnamon sticks to a boil, stirring until sugar fully dissolves.
- ☐ Let cool. Strain before using.
- ☐ Fill a mixing glass with ice.
- ☐ Add rum, molasses, cinnamon demerara syrup, Angostura, and baked apple bitters. Strain into a rocks glass filled with fresh ice.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:7.3286957902753%

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 Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 977.6kcal (48.88%), Fat: 0.13g (0.2%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 213.03g (71.01%), Net Carbohydrates: 207.43g (75.43%), Sugar: 203.18g (225.76%), Cholesterol: 0mg (0%), Sodium: 22.56mg (0.98%), Alcohol: 19.39g (100%), Alcohol %: 4.34% (100%), Protein: 0.42g (0.84%), Manganese: 1.95mg (97.3%), Fiber: 5.6g (22.4%), Calcium: 139.55mg (13.96%), Iron: 1.68mg (9.31%), Copper: 0.12mg (5.77%), Magnesium: 14.57mg (3.64%), Potassium: 113.92mg (3.25%), Vitamin K: 3.3µg (3.14%), Zinc: 0.31mg (2.05%), Vitamin E: 0.25mg (1.64%), Phosphorus: 11.29mg (1.13%), Vitamin B6: 0.02mg (1.05%)