



Apple Brandy Hot Toddy

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



120 kcal

SIDE DISH

Ingredients

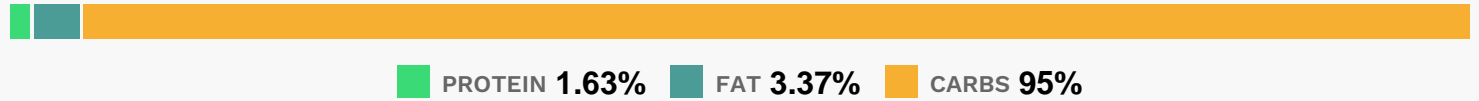
- 1 ounce apples
- 1 cinnamon sticks
- 1 ounce honey
- 1 lemon wedges
- 1 Dash nutmeg freshly grated
- 4 ounces water boiling

Equipment

Directions

- Pour the Calvados and liqueur or honey into a heatproof glass.
- Add the water and nutmeg and stir with a cinnamon stick or barspoon. Float the lemon wedge on top and serve.

Nutrition Facts



Properties

Glycemic Index:184.77, Glycemic Load:13.76, Inflammation Score:-1, Nutrition Score:3.9121738257615%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 120.04kcal (6%), Fat: 0.51g (0.78%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 28.96g (10.53%), Sugar: 27.03g (30.04%), Cholesterol: 0mg (0%), Sodium: 7.96mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Manganese: 0.68mg (33.92%), Vitamin C: 11.15mg (13.51%), Fiber: 3.31g (13.23%), Calcium: 48.39mg (4.84%), Iron: 0.58mg (3.24%), Copper: 0.06mg (3.24%), Potassium: 88.5mg (2.53%), Magnesium: 8.49mg (2.12%), Vitamin B6: 0.04mg (2%), Vitamin K: 1.72µg (1.63%), Vitamin B2: 0.02mg (1.4%), Zinc: 0.18mg (1.21%), Phosphorus: 11.5mg (1.15%), Folate: 4.37µg (1.09%), Vitamin B1: 0.02mg (1.08%), Vitamin E: 0.16mg (1.06%)