



Apple Rum Toddy

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



154 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons amaretto
- 3 cups apple cider unsweetened
- 6 inch cinnamon
- 2 tablespoons brown sugar dark
- 6 slices optional: lemon
- 1 tablespoon butter reduced-calorie
- 1 nutmeg whole halved
- 0.5 cup spiced rum

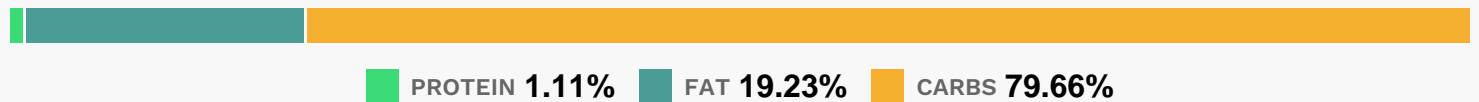
Equipment

sauce pan

Directions

- Combine first 6 ingredients in a heavy saucepan; bring to a boil, and cook, stirring constantly, until sugar dissolves.
- Add 6 lemon slices; reduce heat, and simmer, uncovered, 5 minutes, stirring occasionally.
- Remove and discard cloves, cinnamon sticks, nutmeg, and lemon.
- Remove from heat; stir in rum and amaretto.
- Garnish each serving with a lemon slice, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.04, Glycemic Load:5.53, Inflammation Score:-2, Nutrition Score:2.0782608639287%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 154.11kcal (7.71%), Fat: 2.2g (3.39%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 19.48g (7.08%), Sugar: 17.13g (19.04%), Cholesterol: 0mg (0%), Sodium: 28.74mg (1.25%), Alcohol: 7.98g (100%), Alcohol %: 6.41% (100%), Protein: 0.29g (0.57%), Manganese: 0.28mg (14.04%), Vitamin C: 4.82mg (5.85%), Fiber: 1.03g (4.13%), Potassium: 142.52mg (4.07%), Calcium: 25.96mg (2.6%), Magnesium: 8.25mg (2.06%), Vitamin B1: 0.03mg (2.04%), Vitamin A: 89.47IU (1.79%), Iron: 0.32mg (1.76%), Copper: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.55%), Vitamin B2: 0.02mg (1.43%), Phosphorus: 12.53mg (1.25%)