



Black Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



513 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 sticks cinnamon (2-inch)
- ☐ 0.8 ounce honey
- ☐ 4 ounces honey
- ☐ 0.5 ounce juice of lime freshly squeezed
- ☐ 1 ounce rum
- ☐ 4 ounces water

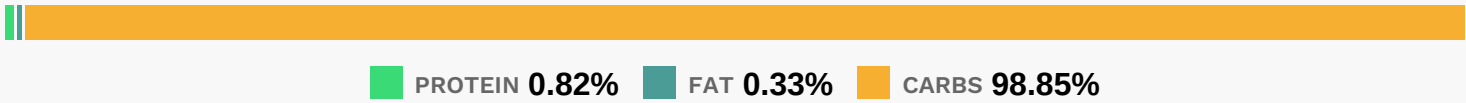
Equipment

- ☐ sauce pan

Directions

- ☐ For the syrup: in a small sauce pan over high heat, add water, honey, cinnamon and bring to a simmer, stirring to dissolve.
- ☐ Remove from heat, cover, and let stand for 30 minutes. Strain into an airtight container. Will keep for about one month refrigerated.
- ☐ For the cocktail: fill a mixing glass 2/3 full with ice and add Cynar, rum, syrup, and lime juice. Stir for about 20 seconds. Strain into a chilled cocktail coupe.

Nutrition Facts



Properties

Glycemic Index:124.55, Glycemic Load:58.05, Inflammation Score:-2, Nutrition Score:8.8582608933034%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 512.98kcal (25.65%), Fat: 0.18g (0.28%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 123.44g (41.15%), Net Carbohydrates: 115.68g (42.06%), Sugar: 111.1g (123.44%), Cholesterol: 0mg (0%), Sodium: 13.02mg (0.57%), Alcohol: 9.47g (100%), Alcohol %: 3.94% (100%), Protein: 1.02g (2.04%), Manganese: 2.56mg (128.03%), Fiber: 7.76g (31.04%), Calcium: 153.75mg (15.37%), Iron: 1.75mg (9.75%), Vitamin C: 5.46mg (6.62%), Copper: 0.12mg (6.19%), Vitamin K: 4.45µg (4.24%), Potassium: 147.51mg (4.21%), Zinc: 0.59mg (3.91%), Vitamin B2: 0.06mg (3.54%), Magnesium: 13.36mg (3.34%), Vitamin B6: 0.06mg (3.01%), Vitamin E: 0.36mg (2.37%), Selenium: 1.53µg (2.18%), Vitamin B3: 0.37mg (1.87%), Phosphorus: 17.46mg (1.75%), Vitamin B5: 0.16mg (1.59%), Folate: 4.95µg (1.24%)