

Café Brûlot



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 tablespoons brandy



2 sticks cinnamon (3-inch)



1 optional: lemon



1 teaspoon juice of lemon fresh



1 cranberry-orange relish



2 tablespoons orange juice fresh



5 cups strong coffee decoction hot brewed



1.3 cups triple sec orange-flavored (liqueur)

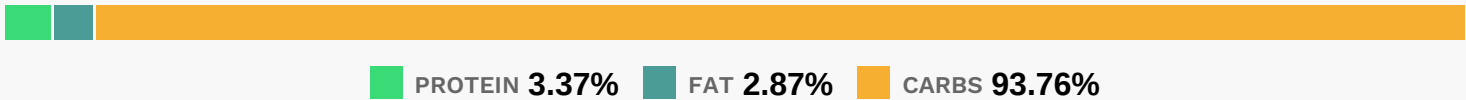
Equipment

- ☐ sauce pan
- ☐ tongs
- ☐ peeler

Directions

- ☐ Carefully remove rind from orange and from lemon in a continuous strip using a vegetable peeler, making sure to avoid the white pithy part of the rind. Stud orange rind piece with 3 cloves. Stud lemon rind piece with 3 cloves.
- ☐ Combine Triple Sec, brandy, and cinnamon sticks in a medium saucepan over medium-low heat. Bring to a simmer. Ignite Triple Sec mixture with a long match. Carefully hold orange and lemon rinds with tongs over flames, turning frequently.
- ☐ Let flames die down; add orange and lemon rinds to Triple Sec mixture.
- ☐ Pour coffee into one side of saucepan. Stir in juices. Discard rinds.
- ☐ Serve in demitasse cups.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:2.58999999595207%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 2.34mg,
Eriodictyol: 2.34mg, Eriodictyol: 2.34mg Eriodictyol: 2.34mg Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin:
7.06mg, Hesperetin: 7.06mg Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg
Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg,
Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin:
0.13mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 111.63kcal (5.58%), Fat: 0.18g (0.27%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 12.01g (4.37%), Sugar: 11.31g (12.56%), Cholesterol: 0mg (0%), Sodium: 5.09mg (0.22%), Alcohol: 8.67g (100%), Alcohol %: 6.12% (100%), Caffeine: 55.07mg (18.36%), Protein: 0.47g (0.93%), Vitamin C: 14.61mg (17.71%), Manganese: 0.16mg (8.11%), Vitamin B2: 0.1mg (6.03%), Fiber: 1g (3.99%), Vitamin B5: 0.36mg (3.64%), Potassium: 115.92mg (3.31%), Vitamin B1: 0.04mg (2.47%), Folate: 8.65µg (2.16%), Magnesium: 7.44mg (1.86%), Calcium: 18.13mg (1.81%), Vitamin B3: 0.34mg (1.7%), Copper: 0.03mg (1.43%), Vitamin B6: 0.02mg (1.02%), Phosphorus: 10.07mg (1.01%)