



Café Brûlot



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup brandy
- ☐ 1 ounce cinnamon sticks
- ☐ 5 cups freshly coffee hot brewed
- ☐ 1 optional: lemon
- ☐ 1 cranberry-orange relish
- ☐ 6 servings garnish: orange strips
- ☐ 0.7 cup liqueur orange-flavored
- ☐ 3 tablespoons sugar

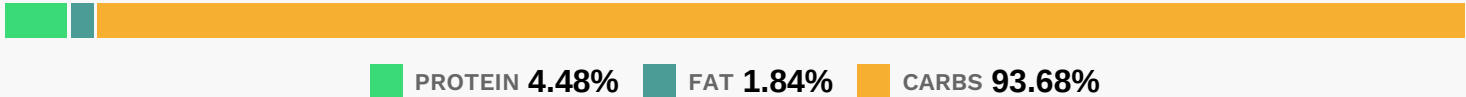
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Peel orange and lemon, each in one long strip. Squeeze orange, reserving 2 tablespoons juice. Reserve lemon for another use.
- ☐ Combine orange peel, lemon peel, and next 5 ingredients in a non-aluminum saucepan. Cook over medium heat, stirring occasionally, 3 minutes or until thoroughly heated. Stir in reserved orange juice.
- ☐ Pour mixture through a wire-mesh strainer into coffee; discard solids; stir.
- ☐ Serve immediately.
- ☐ Garnish, if desired.
- ☐ *Note: For orange-flavored liqueur, we used Grand Marnier.

Nutrition Facts



Properties

Glycemic Index:33.43, Glycemic Load:9.02, Inflammation Score:-7, Nutrition Score:10.768260945445%

Flavonoids

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 3.84mg,
Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 35.5mg, Hesperetin: 35.5mg, Hesperetin:
35.5mg, Hesperetin: 35.5mg Naringenin: 17.23mg, Naringenin: 17.23mg, Naringenin: 17.23mg, Naringenin: 17.23mg
Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.15mg, Kaempferol: 0.15mg,
Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin:
0.36mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 252.83kcal (12.64%), Fat: 0.31g (0.47%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 34.99g (11.66%),
Net Carbohydrates: 29.29g (10.65%), Sugar: 27.23g (30.25%), Cholesterol: 0mg (0%), Sodium: 5.11mg (0.22%),

Alcohol: 19.51g (100%), Alcohol %: 6.33% (100%), Caffeine: 79mg (26.33%), Protein: 1.67g (3.35%), Vitamin C: 69.21mg (83.9%), Manganese: 0.91mg (45.45%), Fiber: 5.7g (22.79%), Vitamin B2: 0.2mg (11.92%), Calcium: 100.77mg (10.08%), Folate: 39.76µg (9.94%), Potassium: 345.05mg (9.86%), Vitamin B1: 0.13mg (8.99%), Vitamin B5: 0.83mg (8.32%), Vitamin A: 269.52IU (5.39%), Magnesium: 21.38mg (5.35%), Vitamin B6: 0.09mg (4.56%), Copper: 0.08mg (4.15%), Vitamin B3: 0.78mg (3.88%), Iron: 0.65mg (3.59%), Phosphorus: 28.55mg (2.86%), Vitamin E: 0.36mg (2.38%), Vitamin K: 1.67µg (1.59%), Zinc: 0.23mg (1.51%), Selenium: 0.81µg (1.16%)