



Cinnamon Toast



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



226 kcal

Ingredients



6 ounces apple cider hot



1 tablespoon cinnamon



1.3 ounce captain morgan original spiced rum



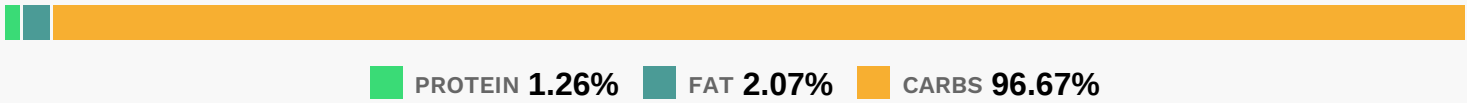
1 tablespoon sugar

Equipment

Directions

Add Apple hot cider and Captain Morgan Original Spiced Rum in glass rimmed with sugar and cinnamon.

Nutrition Facts



Properties

Glycemic Index:130.84, Glycemic Load:16.18, Inflammation Score:-2, Nutrition Score:6.1252174296457%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epicatechin: 8.01mg, Epicatechin: 8.01mg, Epicatechin: 8.01mg, Epicatechin: 8.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 226.06kcal (11.3%), Fat: 0.36g (0.55%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 33.03g (12.01%), Sugar: 28.51g (31.68%), Cholesterol: 0mg (0%), Sodium: 8.08mg (0.35%), Alcohol: 11.84g (100%), Alcohol %: 6.65% (100%), Protein: 0.49g (0.98%), Manganese: 1.53mg (76.5%), Fiber: 4.59g (18.35%), Calcium: 93.89mg (9.39%), Potassium: 207.23mg (5.92%), Iron: 0.89mg (4.94%), Magnesium: 13.3mg (3.33%), Copper: 0.06mg (2.79%), Vitamin B1: 0.04mg (2.64%), Vitamin K: 2.5µg (2.38%), Vitamin C: 1.83mg (2.22%), Vitamin B6: 0.04mg (2.18%), Vitamin B2: 0.04mg (2.11%), Phosphorus: 18.44mg (1.84%), Vitamin E: 0.2mg (1.35%), Zinc: 0.2mg (1.31%), Vitamin B3: 0.24mg (1.18%), Vitamin B5: 0.11mg (1.12%)