



Equinox

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



2

CALORIES



996 kcal

BEVERAGE

DRINK

Ingredients

- 2 dashes angostura bitters
- 3 ounces calvados fine
- 3 cinnamon sticks
- 2 optional: lemon
- 1.5 ounces juice of lemon fresh
- 1.5 ounces spiced rum
- 2 cups sugar
- 2 cups water

1 tablespoon star anise whole

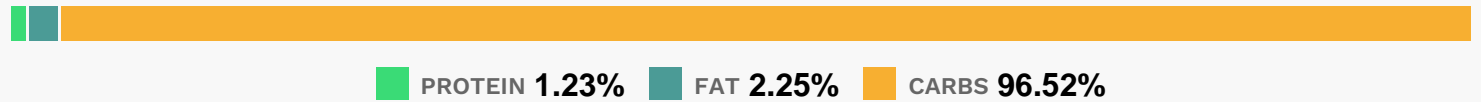
Equipment

pot

Directions

- For the spiced syrup: Measure the water and sugar into a pot and stir together.
- Add cloves, star anise, and cinnamon sticks. Cook over medium heat, stirring frequently, until the sugar dissolves completely. Reduce heat and let simmer 15 minutes, stirring frequently.
- Remove from heat and let cool.
- Pour into a sealable container and refrigerate for 24 hours. Finely strain and use immediately or store in the refrigerator for up to 7 days.
- For the cocktail: fill a cocktail shaker with ice.
- Add Calvados, lemon juice, spiced syrup, and bitters into shaker and shake until well chilled, about 15 seconds. Strain into two cocktail glasses, dividing evenly.
- Garnish each glass with a lemon twist.

Nutrition Facts



Properties

Glycemic Index:67.8, Glycemic Load:141.62, Inflammation Score:-5, Nutrition Score:11.92173910141%

Flavonoids

Eriodictyol: 24.11mg, Eriodictyol: 24.11mg, Eriodictyol: 24.11mg, Eriodictyol: 24.11mg Hesperetin: 33.21mg, Hesperetin: 33.21mg, Hesperetin: 33.21mg, Hesperetin: 33.21mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 996.35kcal (49.82%), Fat: 2.27g (3.5%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 219.18g (73.06%), Net Carbohydrates: 212.2g (77.17%), Sugar: 203.08g (225.64%), Cholesterol: 0mg (0%), Sodium: 18.56mg (0.81%), Alcohol: 21.75g (100%), Alcohol %: 4.29% (100%), Protein: 2.79g (5.58%), Vitamin C: 67.24mg (81.51%), Manganese:

1.14mg (57.19%), Fiber: 6.97g (27.88%), Iron: 4mg (22.22%), Calcium: 139.51mg (13.95%), Copper: 0.19mg (9.73%), Potassium: 306.92mg (8.77%), Vitamin B6: 0.15mg (7.69%), Magnesium: 28.18mg (7.05%), Phosphorus: 57.89mg (5.79%), Vitamin B1: 0.08mg (5.25%), Vitamin B2: 0.09mg (5.25%), Folate: 17.2µg (4.3%), Zinc: 0.64mg (4.25%), Selenium: 2.19µg (3.13%), Vitamin B5: 0.31mg (3.12%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.32mg (2.1%), Vitamin K: 1.64µg (1.56%), Vitamin A: 63.85IU (1.28%)