



Ginger-Lemon Hot Toddies



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



227 kcal

Ingredients

- ☐ 0.8 cup brandy
- ☐ 5 tablespoons crystallized ginger finely chopped
- ☐ 3 inch ginger fresh peeled cut into 1/4-inch-thick slices
- ☐ 2 cups honey
- ☐ 2 cups juice of lemon fresh (14 small lemons)
- ☐ 0.8 cup rum
- ☐ 8 cups water

Equipment

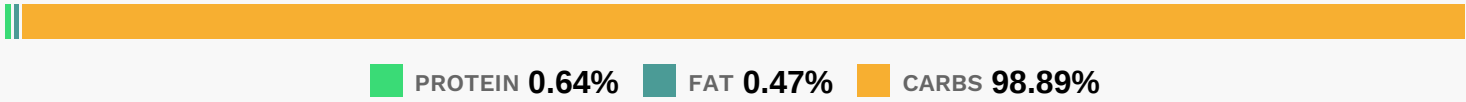
- ☐ ladle

☐ slow cooker

Directions

- ☐ Place first 5 ingredients in a 4 1/2-quart electric slow cooker. Cover and cook on HIGH for 4 hours.
- ☐ Remove and discard ginger slices.
- ☐ Stir in rum and brandy. Ladle mixture into mugs, and garnish with lemon rind strips, if desired.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:20.84, Inflammation Score:0, Nutrition Score:1.658695642391%

Flavonoids

Eriodictyol: 1.7mg, Eriodictyol: 1.7mg, Eriodictyol: 1.7mg, Eriodictyol: 1.7mg Hesperetin: 5.04mg, Hesperetin: 5.04mg, Hesperetin: 5.04mg, Hesperetin: 5.04mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 226.96kcal (11.35%), Fat: 0.09g (0.15%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 45.16g (16.42%), Sugar: 43.37g (48.19%), Cholesterol: 0mg (0%), Sodium: 10.04mg (0.44%), Alcohol: 8.59g (100%), Alcohol %: 4.37% (100%), Protein: 0.29g (0.59%), Vitamin C: 13.81mg (16.74%), Copper: 0.05mg (2.67%), Manganese: 0.05mg (2.55%), Folate: 8.1µg (2.03%), Potassium: 67.82mg (1.94%), Vitamin B6: 0.03mg (1.52%), Vitamin B2: 0.03mg (1.48%), Iron: 0.25mg (1.39%), Magnesium: 5.06mg (1.26%), Zinc: 0.15mg (1.02%)