

## Homemade Old Fashioned Mix

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

70 min.

SERVINGS

servings

48

CALORIES

calories

56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons angostura bitters to taste
- ☐ 1 cinnamon sticks
- ☐ 5 maraschino cherries to taste
- ☐ 3 clementine oranges quartered
- ☐ 3 cups water
- ☐ 3 cups sugar white

## Equipment

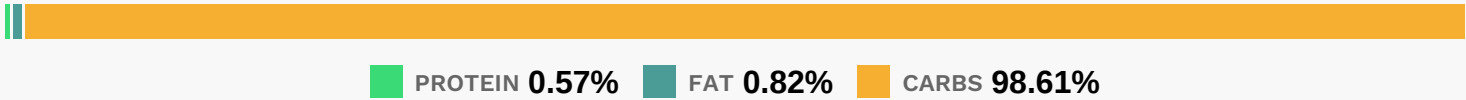
- ☐ sauce pan

☐ slotted spoon

## Directions

- ☐ Bring water and sugar to a boil in a saucepan; remove from heat. Stir oranges, cherries, and cinnamon stick into sugar mixture. Cover saucepan and steep for 1 hour.
- ☐ Remove fruit and cinnamon stick from mixture using a slotted spoon; stir in bitters.

## Nutrition Facts



## Properties

Glycemic Index:2.45, Glycemic Load:9.05, Inflammation Score:-1, Nutrition Score:0.50739131179517%

## Flavonoids

Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 55.99kcal (2.8%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.01%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 13.73g (4.99%), Sugar: 13.53g (15.03%), Cholesterol: 0mg (0%), Sodium: 0.89mg (0.04%), Alcohol: 0.28g (100%), Alcohol %: 0.97% (100%), Protein: 0.08g (0.16%), Vitamin C: 4.36mg (5.28%), Fiber: 0.25g (1.01%)