



Honey-Bourbon Toddy



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons bourbon (or better yet, Apple Bourbon, in which case you'll use 1 tablespoon honey)
- ☐ 1 cinnamon sticks
- ☐ 2 tablespoons honey
- ☐ 1 strip x1/2" of lemon peel

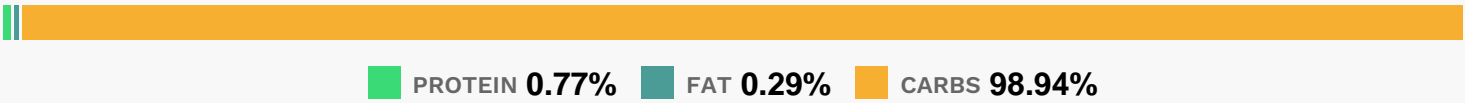
Equipment

- ☐ measuring cup

Directions

- ☐
- Stir 2 tablespoons honey and 1 cup hot water in a 2-cup measuring cup untilhoney dissolves.
- ☐
- Add 6 tablespoons bourbon (or better yet, Apple Bourbon, in which case you'll use 1 tablespoon honey; for recipe, see below). Divide between 2 Toddy glasses. Twist a 3x1/2" strip of lemon peel over each drink, then add to glass. Stir each with a cinnamon stick and serve.
- ☐
- To make Apple Bourbon, combinea 750-milliliter bottle of bourbon,4 cored, sliced Fuji apples, and4 cinnamon sticks in a pitcher.Cover; chill for 3 days. Strain andsip or use in recipe above.

Nutrition Facts



Properties

Glycemic Index:36.14, Glycemic Load:9.05, Inflammation Score:-2, Nutrition Score:1.4195652500443%

Nutrients (% of daily need)

Calories: 172.58kcal (8.63%), Fat: 0.02g (0.04%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 17.8g (6.47%), Sugar: 17.32g (19.25%), Cholesterol: 0mg (0%), Sodium: 1.52mg (0.07%), Alcohol: 15.03g (100%), Alcohol %: 27.71% (100%), Protein: 0.15g (0.3%), Manganese: 0.33mg (16.53%), Fiber: 1.08g (4.31%), Calcium: 20.14mg (2.01%), Vitamin C: 1.46mg (1.77%), Iron: 0.26mg (1.44%), Copper: 0.02mg (1.19%)