



Hot Apple Cider Toddy

READY IN



25 min.

SERVINGS



4

CALORIES



664 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups apple cider
- ☐ 8 tablespoons butter softened
- ☐ 4 cinnamon sticks whole
- ☐ 8 graham crackers
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 teaspoon pumpkin pie spice

- ☐ 2 teaspoons rum extract
- ☐ 2 cups non-dairy whipped topping
- ☐ 4 shots bourbon whiskey

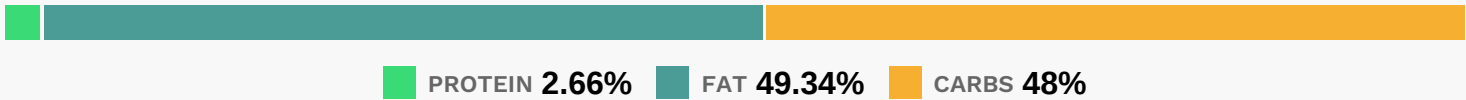
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ rolling pin

Directions

- ☐ Heat the apple cider in a nonreactive saucepan.
- ☐ In a bowl, combine the softened butter, brown sugar, nutmeg, cinnamon, and cloves. Whip until the butter becomes creamy and the ingredients are incorporated.
- ☐ Place the graham crackers and pumpkin pie spice in a plastic baggie and crush with a rolling pin.
- ☐ Combine the rum extract with the non-dairy whipped topping. In a footed coffee glass, place a single cinnamon stick and a slice of spiced butter.
- ☐ Pour 1 shot whiskey into the glass. Ladle the hot cider to fill the glass.
- ☐ Garnish with a dollop of rum-flavored topping and a sprinkle of graham cracker crumb mixture.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:64.94, Glycemic Load:23.26, Inflammation Score:-6, Nutrition Score:8.8978260600049%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epicatechin: 8.34mg, Epicatechin: 8.34mg, Epicatechin: 8.34mg, Epicatechin: 8.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 663.64kcal (33.18%), Fat: 31.01g (47.71%), Saturated Fat: 19.3g (120.63%), Carbohydrates: 67.88g (22.63%), Net Carbohydrates: 64.1g (23.31%), Sugar: 46g (51.11%), Cholesterol: 60.95mg (20.32%), Sodium: 404.61mg (17.59%), Alcohol: 15.97g (100%), Alcohol %: 6.01% (100%), Protein: 3.76g (7.52%), Manganese: 1.24mg (61.82%), Fiber: 3.78g (15.11%), Vitamin A: 743.66IU (14.87%), Calcium: 128.61mg (12.86%), Iron: 2.02mg (11.24%), Phosphorus: 110.04mg (11%), Potassium: 319.06mg (9.12%), Magnesium: 35.08mg (8.77%), Vitamin B2: 0.14mg (8.51%), Vitamin B1: 0.12mg (7.83%), Vitamin B3: 1.35mg (6.76%), Vitamin E: 1mg (6.68%), Zinc: 0.76mg (5.08%), Vitamin K: 5.26µg (5.01%), Vitamin B6: 0.08mg (4.25%), Folate: 15.85µg (3.96%), Copper: 0.07mg (3.45%), Selenium: 1.74µg (2.48%), Vitamin C: 1.88mg (2.28%), Vitamin B12: 0.12µg (2.04%), Vitamin B5: 0.15mg (1.53%)