



Hot Berry Lemon Toddy



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon honey
- ☐ 1 optional: lemon
- ☐ 0.3 cup raspberry-lemonade concentrate frozen thawed
- ☐ 1 teaspoon raspberry-flavor syrup

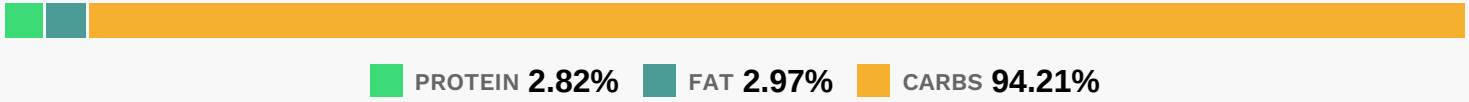
Equipment

- ☐ oven
- ☐ microwave

Directions

- ☐ Stick cloves into peel of lemon slice. Put raspberry–lemonade concentrate in a microwave–safe mug (8 to 10 oz.); add 2/3 cup water, lemon slice, honey, and raspberry syrup.
- ☐ Heat in a microwave oven on full power (100%) until steaming, about 1 minute.
- ☐ Add brandy, stir, and serve.

Nutrition Facts



Properties

Glycemic Index:77.77, Glycemic Load:4.8, Inflammation Score:-4, Nutrition Score:5.9573912704768%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg 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: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 194.73kcal (9.74%), Fat: 0.74g (1.14%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 49.51g (18%), Sugar: 40.72g (45.24%), Cholesterol: 0mg (0%), Sodium: 13.68mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin C: 65.02mg (78.82%), Fiber: 3.22g (12.86%), Potassium: 195.27mg (5.58%), Vitamin B6: 0.1mg (5%), Iron: 0.73mg (4.06%), Folate: 16.16µg (4.04%), Calcium: 39.31mg (3.93%), Vitamin B1: 0.05mg (3.67%), Magnesium: 12.92mg (3.23%), Vitamin B5: 0.28mg (2.78%), Copper: 0.05mg (2.51%), Manganese: 0.05mg (2.28%), Phosphorus: 21.7mg (2.17%), Vitamin B2: 0.02mg (1.43%), Vitamin E: 0.22mg (1.43%), Selenium: 0.72µg (1.04%)