



Hot Mead



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 cinnamon sticks
- ☐ 0.5 cup honey
- ☐ 1 small from a nutmeg whole chunk
- ☐ 2 in/5-cm strip orange rind
- ☐ 1 vanilla bean pod whole (3 in/7.5 cm long)
- ☐ 16 oz vodka
- ☐ 1 cup water

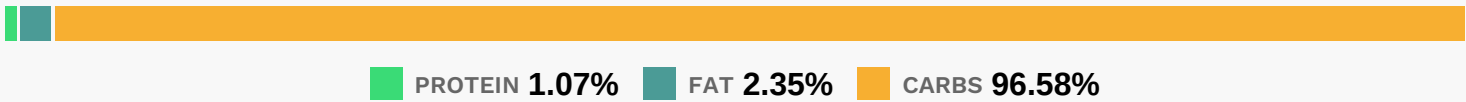
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ In a medium saucepan, bring the honey and water to a boil, skimming any foam from the surface.
- ☐ Add the cloves, cinnamon sticks, vanilla bean pod, and orange rind, return to a boil, and remove from the heat.
- ☐ Let sit for 1 or 2 minutes, then bring to a boil again.
- ☐ Remove from the heat, cover, and set aside for at least 30 minutes to steep. Strain through a fine-mesh strainer or a regular strainer lined with a coffee filter or cheesecloth, and again bring to a boil.
- ☐ Pour in the vodka. Stir well and serve piping hot.
- ☐ From From a Polish Country House Kitchen by Anne Applebaum & Danielle Crittenden, © 2012 Chronicle Books

Nutrition Facts



Properties

Glycemic Index:35.57, Glycemic Load:18.38, Inflammation Score:-4, Nutrition Score:4.5295652177023%

Nutrients (% of daily need)

Calories: 415.12kcal (20.76%), Fat: 0.45g (0.69%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 37.59g (13.67%), Sugar: 35.05g (38.94%), Cholesterol: 0mg (0%), Sodium: 6.57mg (0.29%), Alcohol: 37.88g (100%), Alcohol %: 21.06% (100%), Protein: 0.46g (0.91%), Manganese: 0.97mg (48.27%), Fiber: 3.61g (14.45%), Vitamin C: 8.59mg (10.41%), Calcium: 67.5mg (6.75%), Iron: 0.69mg (3.83%), Copper: 0.06mg (3.23%), Vitamin B2: 0.03mg (1.88%), Potassium: 60.27mg (1.72%), Magnesium: 6.82mg (1.71%), Vitamin K: 1.64µg (1.56%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.22mg (1.47%), Phosphorus: 13.05mg (1.3%), Vitamin B1: 0.02mg (1.05%)