



Hot Toddy



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

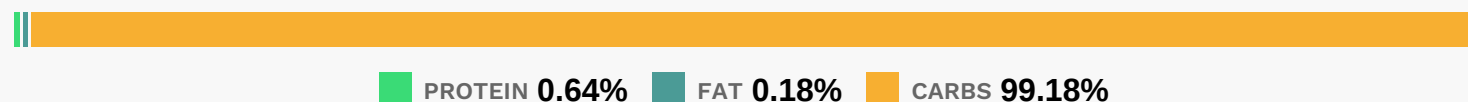
- ☐ 8 ounces irish whiskey dark
- ☐ 6 tablespoons honey
- ☐ 4 slices optional: lemon
- ☐ 24 ounces water boiling

Equipment

Directions

- ☐ Pour 1 1/2 tablespoons honey in each of 4 warmed cups.
- ☐ Add bourbon, rye, or rum and then water. Stir until honey is completely dissolved.
- ☐ Garnish each cup with a lemon slice and serve.
- ☐ Other Cuddle-Worthy Toddies
- ☐ Gin Toddy Substitute infused gin for the bourbon. Applejack Toddy Substitute pure maple syrup for the honey and applejack for the bourbon. Cinnamon tea may be substituted for the boiling water.
- ☐ More to Try
- ☐ You can make a toddy with whatever flavor you please—it's a good way to use infused liquors. These drinks can be flavored further by substituting hot tea for the boiling water.
- ☐ Recipes from Winter Cocktails by María Del Mar Sacasa. Copyright © 2013 by Quirk Books.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:13.66, Inflammation Score:-2, Nutrition Score:0.77347826593272%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 239.54kcal (11.98%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 26.41g (9.6%), Sugar: 26.09g (28.99%), Cholesterol: 0mg (0%), Sodium: 9.9mg (0.43%), Alcohol: 20.41g (100%), Alcohol %: 9.75% (100%), Protein: 0.17g (0.34%), Vitamin C: 3.87mg (4.69%), Copper: 0.05mg (2.45%), Manganese: 0.03mg (1.59%), Fiber: 0.26g (1.04%), Iron: 0.19mg (1.03%)