



Hot Toddy



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

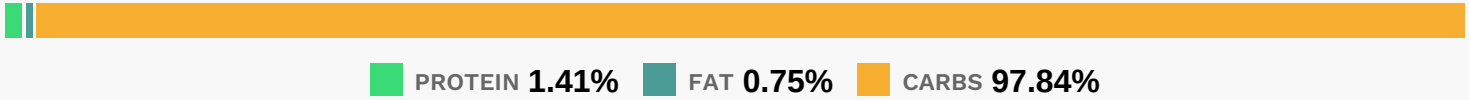
- ☐ 2 bags freshly tea black
- ☐ 2 shots bourbon
- ☐ 2 tablespoon honey
- ☐ 2 teaspoon juice of lemon
- ☐ 2 lemon wedges
- ☐ 2 cup water

Equipment

Directions

- ☐ Bring the water to a boil in a kettle.
- ☐ Drizzle half the honey onto the bottom of each of 2 very large mugs. Then add half the bourbon and lemon juice to each mug. Once the water reaches near boiling, but not quite, place one teabag in each mug and fill them nearly full with the hot water.
- ☐ Garnish with any combination of whole cloves, cinnamon stick, and/or lemon wedge.

Nutrition Facts



Properties

Glycemic Index:46.39, Glycemic Load:9.32, Inflammation Score:-2, Nutrition Score:1.4008695645177%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 172.64kcal (8.63%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 18.77g (6.82%), Sugar: 17.82g (19.8%), Cholesterol: 0mg (0%), Sodium: 13.55mg (0.59%), Alcohol: 14.82g (100%), Alcohol %: 5.76% (100%), Protein: 0.28g (0.56%), Vitamin C: 11.58mg (14.04%), Copper: 0.06mg (3.11%), Fiber: 0.56g (2.24%), Manganese: 0.03mg (1.65%), Calcium: 13.34mg (1.33%), Iron: 0.22mg (1.21%), Potassium: 42.17mg (1.2%), Magnesium: 4.56mg (1.14%), Vitamin B6: 0.02mg (1.11%)