



Kumquat Digestif

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 kumquats whole cut in half lengthwise, plus 5 to 6
- 0.5 cup sugar
- 10 servings several branches thyme fresh
- 2 cups vodka

Equipment

- sauce pan

Directions

- In a medium saucepan, heat sugar with 1/2 cup water, stirring, until sugar is dissolved.
- Let cool to room temperature.
- Stir in vodka.
- Pour mixture into a decanter and add kumquats (halves first) and thyme. Chill at least 3 weeks.
- Serve ice-cold, in shot glasses.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:7.03, Inflammation Score:-8, Nutrition Score:1.5326087112012%

Flavonoids

Naringenin: 10.9mg, Naringenin: 10.9mg, Naringenin: 10.9mg, Naringenin: 10.9mg Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 163.88kcal (8.19%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 11.85g (4.31%), Sugar: 11.76g (13.06%), Cholesterol: 0mg (0%), Sodium: 2.57mg (0.11%), Alcohol: 16.03g (100%), Alcohol %: 26.05% (100%), Protein: 0.41g (0.83%), Vitamin C: 9.94mg (12.05%), Fiber: 1.38g (5.5%), Manganese: 0.04mg (2.16%), Vitamin A: 102.61IU (2.05%), Iron: 0.35mg (1.93%), Vitamin B2: 0.03mg (1.59%), Calcium: 15.93mg (1.59%), Copper: 0.03mg (1.46%), Magnesium: 5.4mg (1.35%), Potassium: 42.11mg (1.2%)