



Smoky, Hot, Scotch Apple Cider



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



165 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 teaspoon honey
- ☐ 1.5 teaspoons juice of lemon freshly squeezed
- ☐ 1 inch lemon zest
- ☐ 2 tablespoons scotch whiskey such as glenlivet
- ☐ 0.3 teaspoon scotch whiskey such as laphroaig

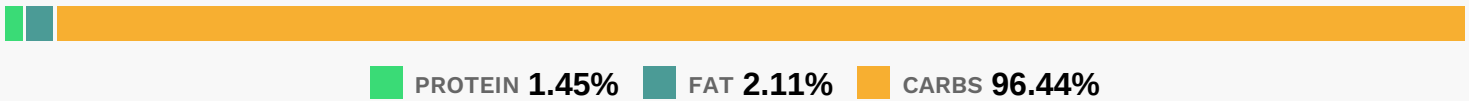
Equipment

☐ sauce pan

Directions

- ☐ Heat the apple cider, honey, cinnamon stick, and lemon peel in a small saucepan over medium heat, stirring until the honey has melted and the cinnamon is fragrant, about 3 minutes. Turn off the heat, add both Scotches and the lemon juice, and stir to combine.
- ☐ Transfer to a heatproof glass and garnish with the cinnamon stick and lemon peel.

Nutrition Facts



Properties

Glycemic Index:128.02, Glycemic Load:8.4, Inflammation Score:-2, Nutrition Score:3.5804348251094%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 164.55kcal (8.23%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 20.48g (7.45%), Sugar: 17.5g (19.44%), Cholesterol: 0mg (0%), Sodium: 5.58mg (0.24%), Alcohol: 11.16g (100%), Alcohol %: 8.34% (100%), Protein: 0.34g (0.69%), Manganese: 0.71mg (35.38%), Fiber: 2.4g (9.6%), Vitamin C: 7.41mg (8.98%), Calcium: 48.78mg (4.88%), Potassium: 150mg (4.29%), Iron: 0.49mg (2.75%), Magnesium: 8.97mg (2.24%), Vitamin B1: 0.03mg (2.09%), Copper: 0.04mg (1.82%), Vitamin B6: 0.04mg (1.81%), Vitamin B2: 0.03mg (1.62%), Phosphorus: 12.61mg (1.26%), Vitamin K: 1.09µg (1.04%)