



The Long Hello



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



97 kcal

BEVERAGE

DRINK

Ingredients



10 dashes angostura bitters



1.8 cups calvados



750 milliliter champagne chilled



16 servings nutmeg freshly grated

Equipment



bowl

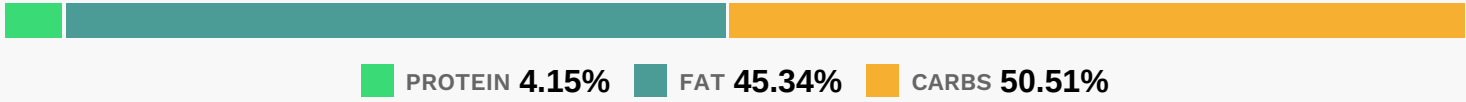


ladle

Directions

- ☐ Make and freeze ring mold with pears and apples. DO AHEAD: Ring mold can be made 1 week ahead. Cover and keep frozen.
- ☐ Stir Calvados, St-Germain, bitters, and 1 cup water in a punch bowl.
- ☐ Add ice ring, then Champagne. Ladle punch into glasses and grate nutmeg over.

Nutrition Facts



Properties

Glycemic Index:5.31, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:0.72521739226321%

Nutrients (% of daily need)

Calories: 97.02kcal (4.85%), Fat: 0.73g (1.12%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.4g (0.51%), Sugar: 1.19g (1.32%), Cholesterol: 0mg (0%), Sodium: 3.86mg (0.17%), Alcohol: 12.04g (100%), Alcohol %: 20.18% (100%), Protein: 0.15g (0.3%), Manganese: 0.06mg (3.14%), Magnesium: 8.34mg (2.08%), Fiber: 0.42g (1.66%), Copper: 0.03mg (1.56%), Iron: 0.26mg (1.44%), Potassium: 48.67mg (1.39%), Phosphorus: 12.32mg (1.23%)