



The Long Hello

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



16

CALORIES



151 kcal

BEVERAGE

DRINK

Ingredients

- 10 dashes angostura bitters
- 1.8 cups calvados
- 750 milliliter champagne chilled
- 16 servings nutmeg freshly grated
- 1 cup st. germain (elderflower liqueur)

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: -3, Nutrition Score: 0.72521739226321%

Nutrients (% of daily need)

Calories: 150.75kcal (7.54%), Fat: 0.73g (1.12%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 7.14g (2.6%), Sugar: 6.87g (7.64%), Cholesterol: 0mg (0%), Sodium: 3.86mg (0.17%), Alcohol: 12.04g (100%), Alcohol %: 16.88% (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%)