



The New England Express



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon angostura bitters
- ☐ 2 cups apple cider
- ☐ 8 servings seltzer water
- ☐ 1.5 cups rum dark
- ☐ 8 slices lime
- ☐ 0.8 cup juice of lime fresh
- ☐ 0.3 cup sugar
- ☐ 8 sprigs thyme leaves

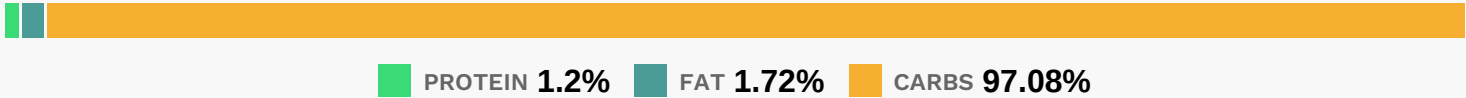
Equipment

☐ sauce pan

Directions

- ☐ Bring sugar and 1/3 cup water to a boil in a small saucepan, stirring to dissolve sugar.
- ☐ Remove from heat, add thyme sprigs, and cover.
- ☐ Let stand 10 minutes, then strain into a small jar.
- ☐ Let cool.
- ☐ DO AHEAD: Syrup can be made 1 month ahead. Cover and chill.
- ☐ Mix thyme syrup, cider, rum, lime juice, and bitters in a pitcher. Divide among rocks glasses filled with ice; top off with club soda.
- ☐ Garnish with thyme sprigs and lime slices.
- ☐ DO AHEAD: Thyme syrup, cider, rum, lime juice, and bitters can be mixed 4 hours ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:25.36, Glycemic Load:8.56, Inflammation Score:-7, Nutrition Score:1.4856521610333%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 173.13kcal (8.66%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 17.14g (6.23%), Sugar: 14.47g (16.08%), Cholesterol: 0mg (0%), Sodium: 3.67mg (0.16%), Alcohol:

15.31g (100%), Alcohol %: 14% (100%), Protein: 0.22g (0.43%), Vitamin C: 9.23mg (11.19%), Manganese: 0.07mg (3.67%), Potassium: 94.33mg (2.7%), Iron: 0.29mg (1.63%), Magnesium: 6.43mg (1.61%), Fiber: 0.38g (1.51%), Copper: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.44%), Vitamin B2: 0.02mg (1.28%), Calcium: 12.41mg (1.24%), Vitamin A: 59.94IU (1.2%), Vitamin B6: 0.02mg (1.18%), Phosphorus: 10.35mg (1.03%)