



Transylvanian Hot Toddy



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 servings cinnamon sticks
- ☐ 0.3 cup honey
- ☐ 3 cups juice of lemon fresh (13 lemons)
- ☐ 9 servings rum dark
- ☐ 1.8 cups sugar
- ☐ 4 cups water

Equipment

- ☐ whisk

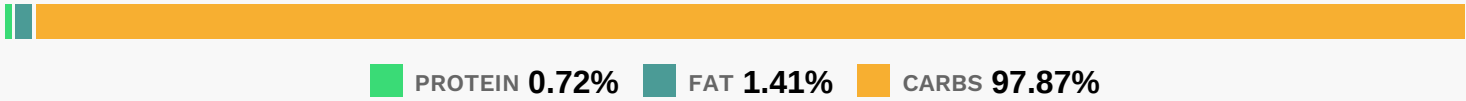
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slow cooker

Directions

- ☐ Combine first 4 ingredients in a 3- or 3 1/2-quart slow cooker.
- ☐ Cover and cook on low setting 3 hours, or until thoroughly heated.
- ☐ Whisk well before serving.
- ☐ Serve warm with cinnamon sticks and a shot of dark rum, if desired.

Nutrition Facts



Properties

Glycemic Index:15.82, Glycemic Load:31.22, Inflammation Score:-2, Nutrition Score:3.8595652334068%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 235.83kcal (11.79%), Fat: 0.34g (0.53%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 52.39g (19.05%), Sugar: 48.64g (54.04%), Cholesterol: 0mg (0%), Sodium: 7.19mg (0.31%), Alcohol: 5.01g (100%), Alcohol %: 2.52% (100%), Protein: 0.39g (0.79%), Vitamin C: 31.6mg (38.3%), Manganese: 0.37mg (18.54%), Fiber: 1.32g (5.3%), Folate: 16.58µg (4.14%), Calcium: 29.03mg (2.9%), Potassium: 98.37mg (2.81%), Copper: 0.05mg (2.29%), Vitamin B6: 0.04mg (2.15%), Magnesium: 7.32mg (1.83%), Iron: 0.3mg (1.65%), Vitamin B2: 0.02mg (1.45%), Vitamin B1: 0.02mg (1.39%), Vitamin B5: 0.12mg (1.2%), Vitamin E: 0.17mg (1.12%)