



Vandaag's New Amsterdam Toddy



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



32

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 dashes angostura bitters
- ☐ 1 gallon apple cider
- ☐ 60 grams cardamom pods whole
- ☐ 10 sticks cinnamon
- ☐ 4 ounces cider hot
- ☐ 12 ginger fresh peeled
- ☐ 4 cups honey
- ☐ 60 grams culinary lavender buds dried

- ☐ 5 optional: lemon halved
- ☐ 0.5 ounce cranberry–orange relish
- ☐ 5 cranberry–orange relish

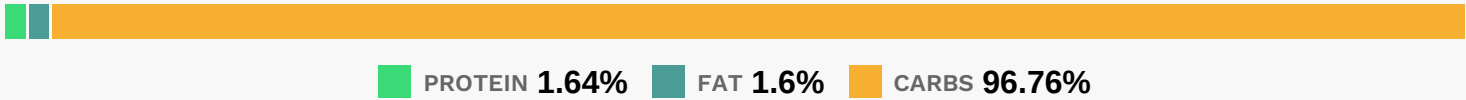
Equipment

- ☐ pot
- ☐ plastic wrap

Directions

- ☐ In a large pot, simmer cider with lavender, cinnamon, lemons, honey, cardamom pods, ginger, orange peel, cloves, and bitters over low heat for 20 minutes.
- ☐ Remove from heat and cover with plastic wrap.
- ☐ Let steep 8 minutes, then strain.
- ☐ For each drink, add 4 ounces warmed mulled cider to a mug with orange curacao and applejack. Stir and serve hot.

Nutrition Facts



Properties

Glycemic Index:7.14, Glycemic Load:24.79, Inflammation Score:-3, Nutrition Score:5.4669564457043%

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: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Eriodictyol: 3.6mg, Eriodictyol: 3.6mg, Eriodictyol: 3.6mg, Eriodictyol: 3.6mg Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg Naringenin: 3.3mg, Naringenin: 3.3mg, Naringenin: 3.3mg, Naringenin: 3.3mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 211.71kcal (10.59%), Fat: 0.41g (0.63%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 55.33g (18.44%), Net Carbohydrates: 52.87g (19.23%), Sugar: 48.73g (54.14%), Cholesterol: 0mg (0%), Sodium: 7.69mg (0.33%), Alcohol: 0.25g (100%), Alcohol %: 0.15% (100%), Protein: 0.94g (1.88%), Manganese: 0.85mg (42.69%), Vitamin C: 22.14mg (26.83%), Fiber: 2.45g (9.82%), Potassium: 239.24mg (6.84%), Calcium: 47.44mg (4.74%), Iron: 0.85mg (4.71%), Magnesium: 16.28mg (4.07%), Vitamin B1: 0.05mg (3.63%), Vitamin B6: 0.07mg (3.39%), Vitamin B2: 0.05mg (3.1%), Copper: 0.06mg (3.1%), Folate: 9.33µg (2.33%), Zinc: 0.31mg (2.07%), Phosphorus: 20.53mg (2.05%), Vitamin B5: 0.18mg (1.8%), Vitamin B3: 0.27mg (1.34%), Vitamin A: 60.8IU (1.22%)