



Warm Cardigan, A Hot Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



45 kcal

SIDE DISH

Ingredients



2 cardamon pods



1 lemon wheel sliced thin



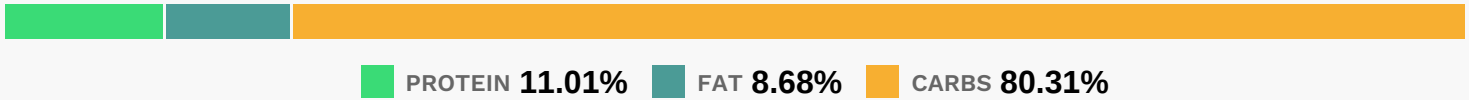
4 ounce strong hot

Equipment

Directions

- ☐
- Stir the tea and genever together in a heat proof mug or glass. Pinch the cardamom pods to slightly crush them and drop them into the hot drink; stir in the honey.
- ☐
- Garnish with lemon.
- ☐
- Let the flavors come together about 3 minutes.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.88, Inflammation Score:-4, Nutrition Score:8.9852173723604%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 23.07mg,
Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg,
Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg,
Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg,
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin:
0.6mg, Myricetin: 0.6mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 44.89kcal (2.24%), Fat: 0.61g (0.95%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 12.8g (4.27%), Net
Carbohydrates: 8.66g (3.15%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 5.15mg (0.22%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Caffeine: 45.36mg (15.12%), Protein: 1.75g (3.51%), Vitamin C: 58.08mg (70.4%),
Manganese: 1.18mg (58.92%), Fiber: 4.14g (16.58%), Potassium: 249.37mg (7.12%), Iron: 1.22mg (6.77%), Vitamin B2:
0.12mg (6.77%), Magnesium: 21.2mg (5.3%), Vitamin B5: 0.49mg (4.93%), Vitamin B6: 0.1mg (4.84%), Calcium:
45.67mg (4.57%), Vitamin B1: 0.07mg (4.47%), Folate: 14.15µg (3.54%), Copper: 0.06mg (2.88%), Phosphorus:
27.8mg (2.78%), Zinc: 0.39mg (2.58%), Vitamin B3: 0.37mg (1.84%), Vitamin E: 0.17mg (1.16%)