



1621

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



48 kcal

SIDE DISH

Ingredients

- 30 ml apples
- 30 ml apple juice
- 2 dashes orange bitters
- 1 serving ice cubes
- 1 coarsely sugar cubes
- 90 ml frangelico chilled
- 90 ml frangelico chilled

Equipment

Directions

- Combine apple brandy, apple juice, and bitters in a cocktail shaker and top with ice; shake vigorously (about 20 times).
- Place sugar cube in the bottom of a chilled champagne flute, strain brandy mixture into the glass, and top with Prosecco.
- Serve.

Nutrition Facts

PROTEIN 0.67% **FAT 1.66%** **CARBS 97.67%**

Properties

Glycemic Index:142.84, Glycemic Load:4.79, Inflammation Score:-1, Nutrition Score:0.52086956928606%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 47.63kcal (2.38%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 10.2g (3.71%), Sugar: 8.93g (9.92%), Cholesterol: 0mg (0%), Sodium: 4.26mg (0.19%), Alcohol: 0.9g (100%), Alcohol %: 1.04% (100%), Protein: 0.07g (0.15%), Fiber: 0.44g (1.77%), Manganese: 0.03mg (1.45%), Potassium: 48.8mg (1.39%), Vitamin C: 1.01mg (1.23%)