



Apple Bloody Splatter Cocktail



Vegetarian



Dairy Free

READY IN



6 min.

SERVINGS



1

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

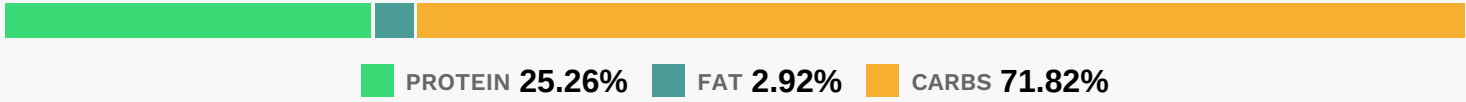
- ☐ 2 ounces apple cider
- ☐ 1 ounce bourbon
- ☐ 1 egg whites
- ☐ 1 ounce orange juice freshly squeezed
- ☐ 1 serving pomegranate molasses (see notes)

Equipment

Directions

- ☐ Combine apple juice, orange juice, bourbon, Averna and egg white in shaker and shake vigorously without ice for 10 seconds to emulsify egg white.
- ☐ Add ice and shake until well chilled, about 15 seconds. Strain into serving glass.
- ☐ Drizzle with rhubarb syrup and serve.

Nutrition Facts



Properties

Glycemic Index:107.75, Glycemic Load:4.07, Inflammation Score:-3, Nutrition Score:2.6673912644872%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 121.93kcal (6.1%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 9.85g (3.58%), Sugar: 8.4g (9.33%), Cholesterol: 0mg (0%), Sodium: 52.63mg (2.29%), Alcohol: 9.47g (100%), Alcohol %: 8.31% (100%), Protein: 3.53g (7.05%), Vitamin C: 14.69mg (17.8%), Vitamin B2: 0.15mg (8.88%), Selenium: 6.09µg (8.69%), Potassium: 163.43mg (4.67%), Manganese: 0.05mg (2.72%), Vitamin B1: 0.04mg (2.69%), Folate: 9.7µg (2.43%), Magnesium: 9.25mg (2.31%), Copper: 0.03mg (1.61%), Phosphorus: 14.42mg (1.44%), Vitamin B5: 0.14mg (1.39%), Vitamin B6: 0.02mg (1.17%), Vitamin A: 57.27IU (1.15%)