

Apple Cider Slush



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 1.5 cups honeycrisp apple peeled chopped (1 large)
- ☐ 6 honeycrisp apple wedges thin
- ☐ 2 cups apple cider 100%
- ☐ 1 teaspoon apple pie spice
- ☐ 4 cups ice cubes
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons maple syrup

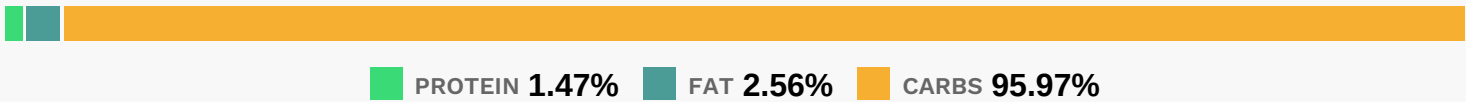
Equipment

☐ blender

Directions

- ☐ Place first 6 ingredients in a blender; process until slushy. Divide mixture among 6 glasses.
- ☐ Garnish each serving with 1 apple wedge.

Nutrition Facts



Properties

Glycemic Index:23.54, Glycemic Load:12.98, Inflammation Score:-3, Nutrition Score:4.9313043265239%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 19.76mg, Epicatechin: 19.76mg, Epicatechin: 19.76mg, Epicatechin: 19.76mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 166.77kcal (8.34%), Fat: 0.51g (0.79%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 37.88g (13.77%), Sugar: 33.83g (37.59%), Cholesterol: 0mg (0%), Sodium: 13.96mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Fiber: 5.33g (21.33%), Manganese: 0.34mg (16.96%), Vitamin C: 11.56mg (14.02%), Potassium: 327.42mg (9.35%), Vitamin B2: 0.15mg (9.08%), Vitamin B6: 0.1mg (5.2%), Copper: 0.09mg (4.71%), Vitamin K: 4.79µg (4.56%), Magnesium: 18.18mg (4.54%), Vitamin B1: 0.06mg (3.88%), Calcium: 33.51mg (3.35%), Phosphorus: 29.56mg (2.96%), Vitamin E: 0.4mg (2.68%), Iron: 0.43mg (2.36%), Vitamin A: 116.96IU (2.34%), Folate: 6.98µg (1.74%), Vitamin B5: 0.17mg (1.72%), Vitamin B3: 0.27mg (1.33%), Zinc: 0.17mg (1.15%)