



Apple Julep



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

Ingredients

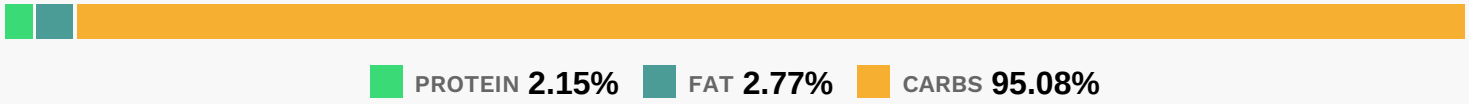
- ☐ 1 quart apple juice
- ☐ 1 sprig mint leaves fresh
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup orange juice
- ☐ 1 cup pineapple juice

Equipment

Directions

- ☐ In a large pitcher, stir together the apple juice, orange juice, pineapple juice and lemon juice.
- ☐ Mix and pour into glasses full of ice to serve.
- ☐ Garnish each serving with a mint leaf.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:11.62, Inflammation Score:-3, Nutrition Score:4.5369564851989%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 6.43mg, Hesperetin: 6.43mg, Hesperetin: 6.43mg, Hesperetin: 6.43mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 114.35kcal (5.72%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 27.39g (9.96%), Sugar: 22.83g (25.36%), Cholesterol: 0mg (0%), Sodium: 7.66mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 30.01mg (36.37%), Manganese: 0.32mg (16.2%), Potassium: 304.52mg (8.7%), Vitamin B1: 0.1mg (6.38%), Folate: 21.7µg (5.43%), Magnesium: 17.9mg (4.47%), Vitamin B6: 0.09mg (4.46%), Copper: 0.07mg (3.32%), Vitamin B2: 0.05mg (2.91%), Calcium: 23.29mg (2.33%), Iron: 0.41mg (2.28%), Phosphorus: 22.15mg (2.21%), Fiber: 0.52g (2.08%), Vitamin B5: 0.19mg (1.92%), Vitamin A: 93.9IU (1.88%), Vitamin B3: 0.37mg (1.85%)