



Apple Julep



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

Ingredients



1 slices garnish: apple lemon fresh



1 qt apple juice



0.3 cup juice of lemon



1 cup orange juice



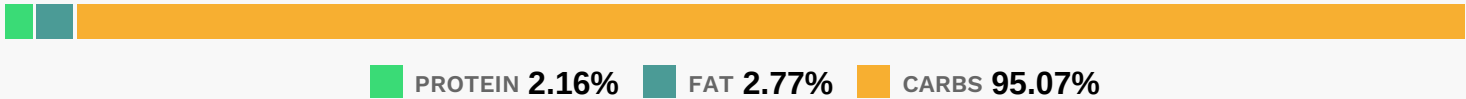
1 cup pineapple juice

Equipment

Directions

- ☐ Stir together apple juice, pineapple juice, orange juice, and lemon juice.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:4.5626087953215%

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: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 6.74mg, Hesperetin: 6.74mg, Hesperetin: 6.74mg, Hesperetin: 6.74mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg 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: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 114.58kcal (5.73%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 27.45g (9.98%), Sugar: 22.86g (25.4%), Cholesterol: 0mg (0%), Sodium: 7.63mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin C: 30.57mg (37.06%), Manganese: 0.32mg (16.12%), Potassium: 305.18mg (8.72%), Vitamin B1: 0.1mg (6.4%), Folate: 21.64µg (5.41%), Vitamin B6: 0.09mg (4.49%), Magnesium: 17.86mg (4.46%), Copper: 0.07mg (3.32%), Vitamin B2: 0.05mg (2.9%), Calcium: 23.19mg (2.32%), Iron: 0.41mg (2.27%), Phosphorus: 22.21mg (2.22%), Fiber: 0.54g (2.16%), Vitamin B5: 0.19mg (1.93%), Vitamin B3: 0.37mg (1.85%), Vitamin A: 87.08IU (1.74%)