



Apple Pie-Bourbon Sweet Tea



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



69 kcal

BEVERAGE

DRINK

Ingredients

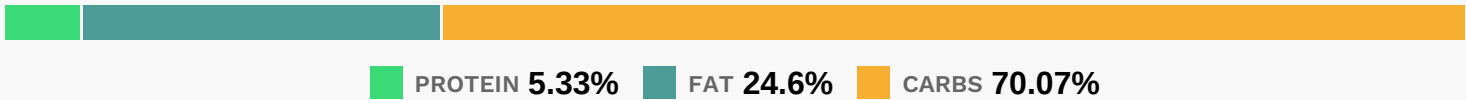
- ☐ 1 slice garnishes: apple cinnamon stick
- ☐ 3 tablespoons apple pie-infused bourbon
- ☐ 1 serving club soda
- ☐ 1 serving ice cubes
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup freshly tea sweetened

Equipment

Directions

- ☐ Combine sweetened tea, Apple Pie-Infused Bourbon, and fresh lemon juice in a cocktail shaker filled with ice. Cover with lid; shake vigorously until thoroughly chilled. Strain into a 10-oz. glass filled with ice. Top with club soda.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:9.1965217408927%

Flavonoids

Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg Thearubigins: 143.9mg, Thearubigins: 143.9mg, Thearubigins: 143.9mg, Thearubigins: 143.9mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg Gallocatechin: 2.21mg, Gallocatechin: 2.21mg, Gallocatechin: 2.21mg, Gallocatechin: 2.21mg

Nutrients (% of daily need)

Calories: 69.1kcal (3.45%), Fat: 2.32g (3.56%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 11.6g (4.22%), Sugar: 1.8g (2%), Cholesterol: 0mg (0%), Sodium: 17.93mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 35.4mg (11.8%), Protein: 1.13g (2.26%), Manganese: 3.42mg (170.8%), Iron: 3.68mg (20.44%), Calcium: 135.41mg (13.54%), Fiber: 3.24g (12.96%), Vitamin C: 10.06mg (12.19%), Magnesium: 31.86mg (7.96%), Copper: 0.12mg (5.98%), Potassium: 204.61mg (5.85%), Vitamin K: 5.42µg (5.17%), Folate: 16.23µg (4.06%), Vitamin B6: 0.08mg (4.02%), Zinc: 0.49mg (3.3%), Vitamin B2: 0.05mg (3.06%), Vitamin E: 0.39mg (2.62%), Phosphorus: 24.85mg (2.48%), Selenium: 1.72µg (2.46%), Vitamin B3: 0.43mg (2.15%), Vitamin B1: 0.03mg (1.83%), Vitamin A: 50.83IU (1.02%)