



Apple Pie-Infused Bourbon



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 milliliter bourbon
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 golden delicious apple chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup simple syrup glaze

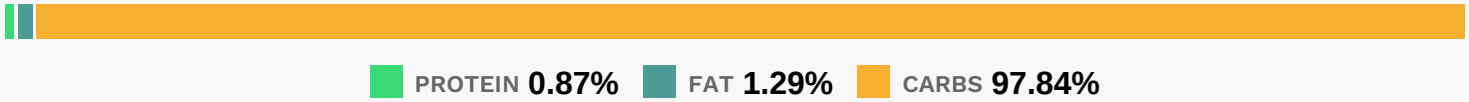
Equipment

- ☐ sieve
- ☐ canning jar

Directions

- ☐ Place first 3 ingredients in a 1-qt. canning jar.
- ☐ Add bourbon; cover with metal lid, and screw on band.
- ☐ Let bourbon stand at room temperature 4 days.
- ☐ Shake jar to distribute flavors.
- ☐ Pour bourbon mixture through a fine wire-mesh strainer into a pitcher, discarding solids. Stir in Simple Syrup, and pour into a clean 1-qt. canning jar or 3 to 4 small bottles. Cover and store in refrigerator up to 2 months.
- ☐ TRY THIS TWIST
- ☐ Orange-, Clove-, and Cranberry-Infused Bourbon: Omit apple, cinnamon, and nutmeg.
- ☐ Place 2 (2-inch) orange rind strips, 8 whole cloves, and 1 cup lightly crushed fresh or frozen cranberries in a 1-qt. canning jar.
- ☐ Add bourbon; cover with metal lid, and screw on band.
- ☐ Let bourbon stand at room temperature 4 days. Proceed with recipe as directed in Step

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:0.94956521195886%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 210.78kcal (10.54%), Fat: 0.05g (0.08%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 8.41g (3.06%), Sugar: 8.02g (8.92%), Cholesterol: 0mg (0%), Sodium: 6.09mg (0.26%), Alcohol: 25.41g (100%), Alcohol %: 31.13% (100%), Protein: 0.08g (0.16%), Manganese: 0.14mg (7.19%), Fiber: 0.82g (3.28%), Iron: 0.42mg (2.32%), Copper: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.27%)