



Apple Pie Mixed Drinks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



309 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon apple cider
- ☐ 1 gallon apple juice
- ☐ 6 cinnamon sticks
- ☐ 1 liter proof grain alcohol everclear® (such as)
- ☐ 2 cups sugar white
- ☐ 6 large glass bottles
- ☐ 6 large glass bottles

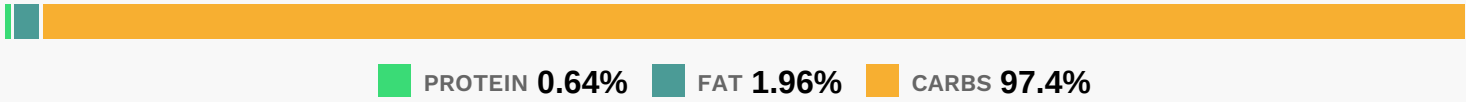
Equipment

☐ pot

Directions

- ☐ Bring apple cider, apple juice, and sugar to a boil in a large pot over medium heat until sugar is dissolved, about 10 minutes. Divide juice mixture evenly into the bottles.
- ☐ Add a cinnamon stick to each bottle.
- ☐ Divide alcohol into the bottles and allow mixture to cool; seal and store in a cool dry place.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:25.92, Inflammation Score:-3, Nutrition Score:2.9460869493854%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 309.07kcal (15.45%), Fat: 0.47g (0.73%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 52.95g (17.65%), Net Carbohydrates: 51.86g (18.86%), Sugar: 47g (52.22%), Cholesterol: 0mg (0%), Sodium: 13.29mg (0.58%), Alcohol: 14.12g (100%), Alcohol %: 4.77% (100%), Protein: 0.35g (0.7%), Manganese: 0.39mg (19.73%), Potassium: 323.56mg (9.24%), Vitamin B1: 0.07mg (4.6%), Fiber: 1.1g (4.38%), Magnesium: 16.3mg (4.07%), Vitamin C: 2.87mg (3.48%), Vitamin B2: 0.06mg (3.46%), Calcium: 34.17mg (3.42%), Vitamin B6: 0.06mg (2.93%), Iron: 0.48mg (2.65%), Copper: 0.05mg (2.54%), Phosphorus: 24.33mg (2.43%), Vitamin B5: 0.16mg (1.58%), Vitamin B3: 0.25mg (1.24%)