



Apple-Pumpkin Spice Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



188 kcal

SIDE DISH

Ingredients

- 0.5 cup apple juice
- 0.3 cup pink lemonade kool-aid prepared
- 1 fluid ounce kahlua pumpkin spice

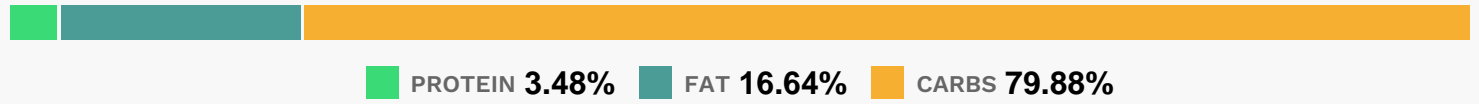
Equipment

Directions

- Combine apple juice, lemonade, and Kahlua Pumpkin Spice.

Pour over ice, and garnish with a slice of apple.

Nutrition Facts



Properties

Glycemic Index:105.25, Glycemic Load:10.43, Inflammation Score:-3, Nutrition Score:11.268695665442%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 188.09kcal (9.4%), Fat: 3.89g (5.98%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 37.35g (13.58%), Sugar: 21.2g (23.56%), Cholesterol: 0mg (0%), Sodium: 24.08mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Manganese: 4.78mg (238.84%), Iron: 5.98mg (33.21%), Calcium: 211.59mg (21.16%), Fiber: 4.62g (18.5%), Magnesium: 46.42mg (11.6%), Vitamin C: 8.04mg (9.74%), Potassium: 321.29mg (9.18%), Vitamin K: 8.4µg (8%), Copper: 0.16mg (7.9%), Vitamin B6: 0.14mg (7.03%), Zinc: 0.73mg (4.84%), Phosphorus: 43.57mg (4.36%), Vitamin B1: 0.06mg (4.32%), Selenium: 2.87µg (4.11%), Vitamin E: 0.58mg (3.89%), Vitamin B3: 0.75mg (3.77%), Vitamin B2: 0.06mg (3.62%), Folate: 7.1µg (1.77%), Vitamin A: 78.42IU (1.57%)