



## Apple Sage Old Fashioned

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



880 kcal

SIDE DISH

### Ingredients

- 1 serving apples for garnish
- 2 ounces apples
- 0.3 cup sage fresh
- 0.5 ounce simple syrup glaze
- 1 cup sugar
- 1 cup water
- 2 dashes irish whiskey (or Angostura, if you can't find the Fee's)

### Equipment

sauce pan

## Directions

- Add sugar and water to a small saucepan. Bring to a simmer over medium heat. When sugar dissolves, remove from heat.
- Add sage leaves and stir. Cover and let steep for 15 minutes. Strain into a jar (discard sage leaves) and refrigerate. Will keep for one month.
- Add apple brandy, sage simple syrup, and bitters to an Old Fashioned glass. Fill with ice, and stir to combine.
- Garnish with apple slice.

## Nutrition Facts

**PROTEIN 0.19%** **FAT 0.99%** **CARBS 98.82%**

## Properties

Glycemic Index:149.09, Glycemic Load:143.97, Inflammation Score:-1, Nutrition Score:7.7647825945979%

## Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 8.98mg, Epicatechin: 8.98mg, Epicatechin: 8.98mg, Epicatechin: 8.98mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

## Nutrients (% of daily need)

Calories: 879.83kcal (43.99%), Fat: 1.01g (1.55%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 226.57g (75.52%), Net Carbohydrates: 223.48g (81.26%), Sugar: 222.37g (247.08%), Cholesterol: 0mg (0%), Sodium: 23.4mg (1.02%), Alcohol: 0.72g (100%), Alcohol %: 0.16% (100%), Protein: 0.45g (0.89%), Copper: 9.93mg (496.36%), Manganese: 0.37mg (18.65%), Fiber: 3.09g (12.37%), Vitamin C: 5.48mg (6.65%), Iron: 1.12mg (6.21%), Vitamin B2: 0.08mg (4.8%), Potassium: 154.33mg (4.41%), Calcium: 39.37mg (3.94%), Magnesium: 15.26mg (3.82%), Vitamin B1: 0.05mg (3.23%), Vitamin K: 2.62µg (2.5%), Vitamin B6: 0.05mg (2.44%), Selenium: 1.3µg (1.86%), Phosphorus: 15.51mg (1.55%), Vitamin E: 0.21mg (1.43%), Vitamin A: 64.37IU (1.29%), Zinc: 0.18mg (1.2%)