



Apple Soju Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



98 kcal

BEVERAGE

DRINK

Ingredients

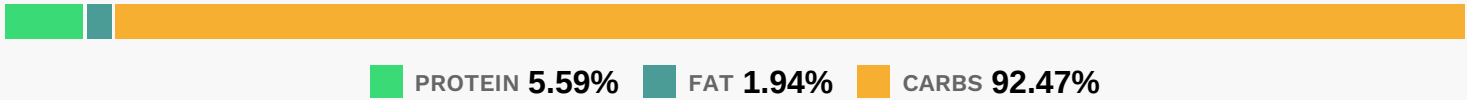
- ☐ 1 apples i use 2 granny smith apples
- ☐ 8 lime wedges
- ☐ 40 fluid ounces tonic water chilled
- ☐ 2 cups soju

Equipment

Directions

- ☐ Cut apple into matchsticks with slicer, discarding core, then put in a pitcher and stir in soju.
- ☐ Let macerate, covered and chilled, at least 30 minutes.
- ☐ Fill 8 (12-ounce) double Old Fashioned glasses with ice. Strain about 1/4 cup soju into each glass, then add some apple pieces to each glass. Top off drinks with tonic and serve with lime wedges.
- ☐ Apples in soju can be chilled up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:1.2252173760663%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 97.63kcal (4.88%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 6.98g (2.54%), Sugar: 2.67g (2.97%), Cholesterol: 0mg (0%), Sodium: 9.18mg (0.4%), Alcohol: 9.66g (100%), Alcohol %: 4.92% (100%), Protein: 0.49g (0.97%), Vitamin C: 6.28mg (7.62%), Fiber: 1.05g (4.2%), Copper: 0.05mg (2.34%), Magnesium: 7.3mg (1.82%), Potassium: 57.7mg (1.65%), Calcium: 14.74mg (1.47%), Selenium: 0.91µg (1.3%), Iron: 0.2mg (1.09%)