

Appletinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



943 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 0.5 apples i use 2 granny smith apples green peeled seeded cut into chunks
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 serving ice cubes
- ☐ 1.5 ounces juice of lemon freshly squeezed
- ☐ 1 cup sugar
- ☐ 1.5 ounces vodka
- ☐ 1 cup water

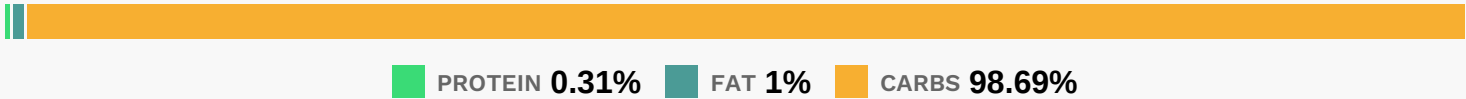
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Place water and sugar in a small saucepan over medium heat. Stir frequently. When sugar has dissolved, add cinnamon stick and ground cinnamon. Bring to a boil, stirring, then reduce heat to a low simmer and let cook for five minutes.
- ☐ To Make Cocktail: Put apple, lemon juice, vodka, and simple syrup in a food processor and pulse until smoothly puréed, about twenty pulses.
- ☐ Pour apple mixture into a cocktail shaker. Fill with ice. Shake for ten seconds. Strain into a martini glass.
- ☐ Garnish with a thin slice of apple, if desired.

Nutrition Facts



Properties

Glycemic Index:127.09, Glycemic Load:143.04, Inflammation Score:-3, Nutrition Score:7.6769566069479%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg Hesperetin: 6.15mg, Hesperetin: 6.15mg, Hesperetin: 6.15mg, Hesperetin: 6.15mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 943.43kcal (47.17%), Fat: 0.99g (1.52%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 220.74g (73.58%), Net Carbohydrates: 214.44g (77.98%), Sugar: 210.3g (233.66%), Cholesterol: 0mg (0%), Sodium: 19.14mg (0.83%), Alcohol: 14.2g (100%), Alcohol %: 2.66% (100%), Protein: 0.68g (1.37%), Manganese: 1.35mg (67.75%), Vitamin C: 20.93mg (25.37%), Fiber: 6.29g (25.18%), Calcium: 93.94mg (9.39%), Copper: 0.12mg (6.09%), Potassium: 177.92mg (5.08%), Iron: 0.87mg (4.84%), Vitamin B2: 0.07mg (4.36%), Vitamin K: 4.34µg (4.14%), Magnesium: 14.53mg (3.63%), Vitamin B6: 0.07mg (3.44%), Folate: 11.68µg (2.92%), Vitamin E: 0.4mg (2.68%), Selenium: 1.48µg (2.11%), Phosphorus: 20.34mg (2.03%), Vitamin B1: 0.03mg (1.96%), Zinc: 0.24mg (1.63%), Vitamin A: 73.82IU (1.48%), Vitamin B5: 0.14mg (1.38%), Vitamin B3: 0.22mg (1.11%)