



Aztec Gold



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce apple juice concentrate frozen undiluted canned
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 2 cups tonic water chilled

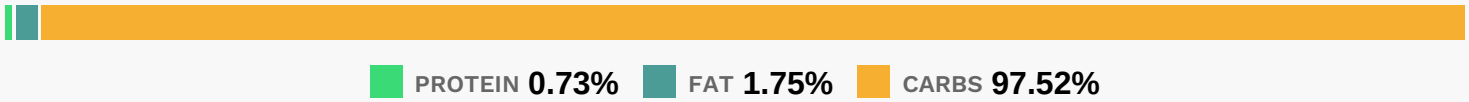
Equipment

- ☐ sauce pan

Directions

- ☐ Cook first 4 ingredients in a small saucepan over medium heat, stirring occasionally, 5 minutes or until thoroughly heated.
- ☐ Remove from heat; cool. Chill 1 hour, or freeze 15 minutes. Stir in tonic water and, if desired, vodka; serve immediately over ice.
- ☐ Prep: 10 min., Chill: 1 hr.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:6.1, Inflammation Score:-1, Nutrition Score:0.82347825857932%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 55.39kcal (2.77%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.79g (5.01%), Sugar: 12.49g (13.88%), Cholesterol: 0mg (0%), Sodium: 9.54mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%), Manganese: 0.09mg (4.45%), Potassium: 89.17mg (2.55%), Copper: 0.03mg (1.57%), Magnesium: 5.62mg (1.4%), Calcium: 11.92mg (1.19%), Vitamin B1: 0.02mg (1.19%)