



Big Apple Bourbon Cocktail



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients

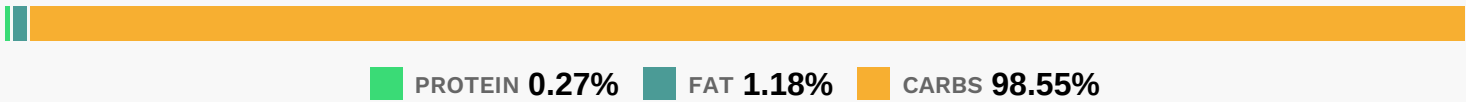
- ☐ 1.5 ounce spiced apple cider to taste
- ☐ 2 ounce bourbon
- ☐ 1 ounce cinnamon and sugar for rim, optional
- ☐ 1 tablespoon juice of lemon freshly squeezed

Equipment

Directions

- ☐
- Muddle 2 slices of the apple in the bottom of a cocktail shaker.
- ☐
- Combine the bourbon, simple syrup and lemon juice in the cocktail shaker with ice. Shake vigorously.
- ☐
- Pour into a Collins glass over ice. Top with spiced apple cider, to taste.
- ☐
- Garnish with more apple slices. If you like, rim the glass with cinnamon and sugar before mixing the cocktail.

Nutrition Facts



Properties

Glycemic Index:125.84, Glycemic Load:21.71, Inflammation Score:-2, Nutrition Score:0.89173913123491%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 262.98kcal (13.15%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 33.95g (12.34%), Sugar: 32.76g (36.4%), Cholesterol: 0mg (0%), Sodium: 2.7mg (0.12%), Alcohol: 18.94g (100%), Alcohol %: 16.83% (100%), Protein: 0.09g (0.19%), Vitamin C: 6.19mg (7.5%), Manganese: 0.04mg (2.23%), Potassium: 60.1mg (1.72%), Copper: 0.02mg (1.07%), Vitamin B1: 0.02mg (1.06%), Vitamin B2: 0.02mg (1.01%)