



## Bobbing for Mezcal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 ounces apple cider
- 2 ounces prepare as such as bundaberg
- 1 serving ice cubes
- 0.5 ounce maple syrup such as sortilège
- 0.5 ounce frangelico

### Equipment

## Directions

- Place the juice or cider, maple liqueur, and mezcal in a 12-ounce highball glass and stir to combine.
- Add ice, top with the ginger beer, and gently stir to combine.
- Place the apple wedge in the glass (if using) and serve.

## Nutrition Facts

**PROTEIN 0.27%** **FAT 0.78%** **CARBS 98.95%**

## Properties

Glycemic Index:140.25, Glycemic Load:9.18, Inflammation Score:-1, Nutrition Score:1.9130434789897%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 83.63kcal (4.18%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 20.81g (7.57%), Sugar: 18.99g (21.1%), Cholesterol: 0mg (0%), Sodium: 10.31mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.11%), Manganese: 0.38mg (18.77%), Vitamin B2: 0.19mg (11.16%), Potassium: 89.73mg (2.56%), Calcium: 23.37mg (2.34%), Magnesium: 6.94mg (1.73%), Vitamin B1: 0.02mg (1.42%), Copper: 0.03mg (1.3%), Iron: 0.19mg (1.03%)