

Calvados Sidecars



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

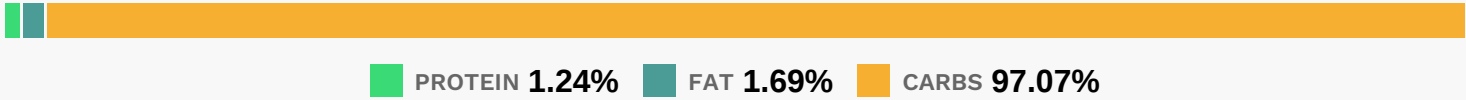
- ☐ 3 tablespoons calvados
- ☐ 2 servings granulated sugar for coating rims of glasses
- ☐ 2 servings optional: lemon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon wedges
- ☐ 1 tablespoon orange liqueur

Equipment

Directions

- ☐ Run lemon wedge around rims of 2 small Martini glasses to moisten.
- ☐ Spread sugar on a small plate and dip rims in sugar to lightly coat.
- ☐ Fill shaker with ice and add Calvados, Cointreau, and lemon juice. Shake vigorously 10 seconds, then strain into glasses.

Nutrition Facts



Properties

Glycemic Index:68.05, Glycemic Load:8.64, Inflammation Score:-2, Nutrition Score:1.0500000080337%

Flavonoids

Eriodictyol: 3.78mg, Eriodictyol: 3.78mg, Eriodictyol: 3.78mg, Eriodictyol: 3.78mg Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 127.57kcal (6.38%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 15.91g (5.78%), Sugar: 14.98g (16.64%), Cholesterol: 0mg (0%), Sodium: 1.34mg (0.06%), Alcohol: 9.47g (100%), Alcohol %: 18.31% (100%), Protein: 0.21g (0.42%), Vitamin C: 11.38mg (13.8%), Fiber: 0.47g (1.88%)