



Caramel Apple Martini



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



470 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons brown sugar packed
- ☐ 1.5 teaspoons butter
- ☐ 2 tablespoons water
- ☐ 2 slices apple green
- ☐ 1 tablespoon peanuts chopped
- ☐ 0.3 cup peach schnapps sour apple-flavored
- ☐ 0.3 cup peach schnapps
- ☐ 0.3 cup vodka

☐ 2 cups ice cubes

Equipment

☐ bowl

☐ microwave

Directions

- ☐ In small microwavable bowl, microwave Caramel ingredients on High 40 to 60 seconds or just until it begins to boil. Dip each apple slice into caramel; sprinkle each with 1/2 tablespoon peanuts. Set aside. Cool remaining caramel slightly.
- ☐ Spoon cooled caramel into each of 2 martini glasses.
- ☐ Place glasses in freezer while making martinis.
- ☐ In martini shaker, place schnapps, liqueur and vodka; shake well. Strain into chilled martini glasses.
- ☐ Garnish with caramel-dipped apple slices.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:4.02, Inflammation Score:-4, Nutrition Score:3.8269564891639%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 469.8kcal (23.49%), Fat: 5.71g (8.78%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 65.08g (21.69%), Net Carbohydrates: 61.98g (22.54%), Sugar: 59.95g (66.61%), Cholesterol: 8.06mg (2.69%), Sodium: 49.26mg (2.14%), Alcohol: 10.02g (100%), Alcohol %: 2.57% (100%), Protein: 1.67g (3.33%), Fiber: 3.09g (12.36%), Manganese: 0.19mg (9.66%), Copper: 0.13mg (6.73%), Vitamin C: 5.01mg (6.08%), Potassium: 202.91mg (5.8%), Magnesium: 20.68mg (5.17%), Calcium: 50.17mg (5.02%), Vitamin B3: 0.94mg (4.68%), Folate: 15.74µg (3.94%), Vitamin B6: 0.08mg (3.85%), Vitamin B1: 0.05mg (3.6%), Phosphorus: 35.23mg (3.52%), Iron: 0.59mg (3.25%), Vitamin A: 152.57IU (3.05%), Vitamin K: 2.66µg (2.53%), Vitamin B2: 0.04mg (2.26%), Vitamin B5: 0.21mg (2.07%), Vitamin E: 0.28mg (1.89%), Zinc: 0.19mg (1.26%), Selenium: 0.83µg (1.19%)