



HEALTH SCORE

74%

Cider Cocktail: Uncle Buck



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



2 min.

SERVINGS



1

CALORIES



221 kcal

BEVERAGE

DRINK

Ingredients

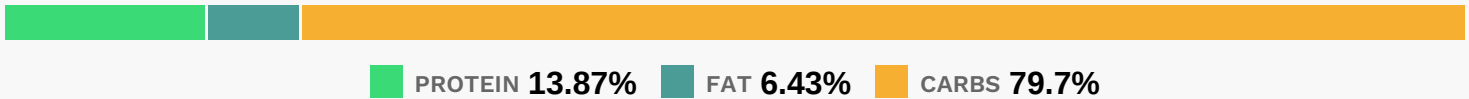
- ☐ 1 drop allspice
- ☐ 1 ounce apple cider
- ☐ 1 ounce cider
- ☐ 1 ounce prepare as
- ☐ 1 serving ice cubes
- ☐ 2 ounces rye flakes
- ☐ 2 drops water hot

Equipment

Directions

- ☐ Fill a rocks glass with ice.
- ☐ Pour the rye over the ice and stir gently.
- ☐ Add two drops of hot water to the cider molasses and stir to loosen.
- ☐ Add cider molasses, Allspice Dram, and ginger beer to the glass. Stir until combined. Top with cider and serve.

Nutrition Facts



Properties

Glycemic Index:118.75, Glycemic Load:2.92, Inflammation Score:-6, Nutrition Score:18.11956533077%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 220.64kcal (11.03%), Fat: 1.65g (2.55%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 33.02g (12.01%), Sugar: 6.57g (7.3%), Cholesterol: 0mg (0%), Sodium: 8.49mg (0.37%), Alcohol: 1.42g (100%), Alcohol %: 0.89% (100%), Protein: 8.03g (16.05%), Manganese: 3.85mg (192.65%), Fiber: 13.09g (52.35%), Selenium: 29µg (41.43%), Phosphorus: 361.45mg (36.15%), Magnesium: 144.24mg (36.06%), Zinc: 3.21mg (21.41%), Iron: 3.78mg (21.02%), Copper: 0.42mg (21.01%), Vitamin B3: 3.17mg (15.84%), Potassium: 453.26mg (12.95%), Vitamin B1: 0.18mg (11.8%), Vitamin B6: 0.23mg (11.7%), Vitamin B2: 0.18mg (10.33%), Vitamin B5: 0.86mg (8.64%), Vitamin E: 0.8mg (5.31%), Calcium: 43.22mg (4.32%), Vitamin K: 3.35µg (3.19%), Folate: 8.86µg (2.22%)