



Frosty the Caramel Apple Pie

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



423 kcal

DESSERT

Ingredients

- 1 serving apples for garnish
- 1.5 oz apple cider
- 1 oz hiram walker butterscotch schnapps
- 1 serving graham crackers crushed
- 1 tsp juice of lemon fresh
- 1.5 oz vodka

Equipment

Directions

- First, rim the lip of a chilled cocktail glass with your crushed graham crackers.
- Pour all the liquid ingredients into a cocktail shaker filled with ice. Shake well. Strain into your chilled cocktail glass.
- Garnish with an apple slice.

Nutrition Facts

PROTEIN 3.41% **FAT 30.67%** **CARBS 65.92%**

Properties

Glycemic Index:221.75, Glycemic Load:30.7, Inflammation Score:-3, Nutrition Score:3.9182608477447%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 422.92kcal (21.15%), Fat: 11.19g (17.22%), Saturated Fat: 7.3g (45.61%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 51.58g (18.76%), Sugar: 36.18g (40.2%), Cholesterol: 0mg (0%), Sodium: 212.55mg (9.24%), Alcohol: 14.2g (100%), Alcohol %: 8.62% (100%), Protein: 2.8g (5.61%), Fiber: 2.55g (10.21%), Phosphorus: 77.3mg (7.73%), Iron: 1.33mg (7.37%), Vitamin B2: 0.11mg (6.73%), Vitamin C: 5.22mg (6.33%), Vitamin B1: 0.09mg (6.09%), Magnesium: 23.49mg (5.87%), Vitamin B3: 1.17mg (5.85%), Potassium: 183.53mg (5.24%), Zinc: 0.63mg (4.18%), Folate: 16.04µg (4.01%), Calcium: 39.21mg (3.92%), Vitamin B6: 0.07mg (3.43%), Manganese: 0.06mg (3.11%), Vitamin K: 3.22µg (3.06%), Vitamin E: 0.32mg (2.11%), Copper: 0.04mg (2.05%), Vitamin B5: 0.11mg (1.07%)