



Jack Rose Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



4 min.

SERVINGS



1

CALORIES



46 kcal

SIDE DISH

Ingredients



0.5 fluid ounce grenadine syrup



1 cup ice cubes



1 fluid ounce juice of lemon fresh



2 fluid ounces applejack (apple brandy)



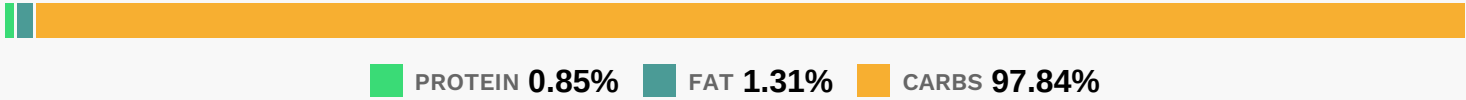
2 fluid ounces applejack (apple brandy)

Equipment

Directions

- ☐ Pour ice into a cocktail shaker.
- ☐ Pour in applejack, lemon juice, and grenadine. Shake well, then strain into a cocktail glass.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:9.89, Inflammation Score:-1, Nutrition Score:1.0752173833873%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 46.13kcal (2.31%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.84g (4.31%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 16.12mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin C: 11.44mg (13.87%), Copper: 0.05mg (2.32%), Folate: 5.91µg (1.48%), Magnesium: 4.73mg (1.18%)