



## Le Petit Hibou

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



162 kcal

BEVERAGE

DRINK

### Ingredients

- 2 ounces apple juice
- 1 serving ice cubes
- 2 ounces lillet blanc
- 2 ounces sauvignon blanc white wine

### Equipment

### Directions

Pour all of the ingredients into a collins glass filled with ice. Stir gently with a bar spoon or swizzle stick and enjoy.

## Nutrition Facts

**PROTEIN 0.71%** **FAT 1.23%** **CARBS 98.06%**

### Properties

Glycemic Index:40.75, Glycemic Load:2.56, Inflammation Score:-3, Nutrition Score:0.45434782305813%

### Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

### Nutrients (% of daily need)

Calories: 162.23kcal (8.11%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 13.14g (4.78%), Sugar: 10.33g (11.48%), Cholesterol: 0mg (0%), Sodium: 5.07mg (0.22%), Alcohol: 15.59g (100%), Alcohol %: 8.74% (100%), Protein: 0.1g (0.19%), Manganese: 0.04mg (2.1%), Potassium: 57.27mg (1.64%)