



Log Cabin

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



182 kcal

SIDE DISH

Ingredients

- 1 ounce apples such as calvados
- 1 ounce apple cider
- 1 serving ice cubes
- 0.3 ounce juice of lemon freshly squeezed
- 2 ounces maple syrup

Equipment

Directions

- Combine the liqueur, brandy, and 1/4 ounce of the lemon juice in a cocktail shaker filled with ice and shake vigorously. Taste and add more lemon juice as needed.
- Pour everything, including the ice, into an 8-ounce rocks glass, top with the sparkling cider, and gently stir to combine.

Nutrition Facts

PROTEIN 0.27% **FAT 0.5%** **CARBS 99.23%**

Properties

Glycemic Index:109.25, Glycemic Load:16.26, Inflammation Score:-1, Nutrition Score:6.3834782639599%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 182.43kcal (9.12%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 45.05g (16.38%), Sugar: 39.83g (44.25%), Cholesterol: 0mg (0%), Sodium: 9.39mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%), Manganese: 1.34mg (66.79%), Vitamin B2: 0.73mg (43.14%), Calcium: 67.88mg (6.79%), Potassium: 193.84mg (5.54%), Vitamin C: 4.3mg (5.21%), Magnesium: 15.73mg (3.93%), Vitamin B1: 0.05mg (3.33%), Fiber: 0.76g (3.03%), Zinc: 0.42mg (2.82%), Copper: 0.02mg (1.06%)