

Mint Apple Crisp



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



319 kcal

DESSERT

Ingredients

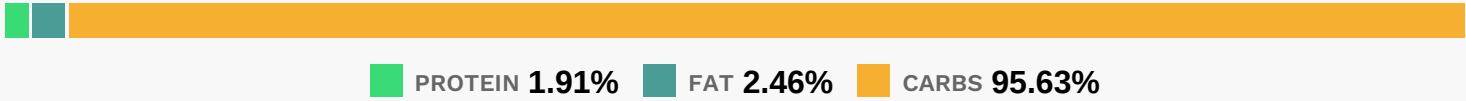
- ☐ 2 ounces apples
- ☐ 2 mint leaves fresh
- ☐ 3.3 inch apples i use 2 granny smith apples
- ☐ 4 slices apples i use 2 granny smith apples thin
- ☐ 1 serving ice cubes
- ☐ 1 ounce rice wine
- ☐ 0.3 ounce simple syrup glaze

Equipment

Directions

- ☐
- Muddle the apple slices and simple syrup in a mixing glass.
- ☐
- Add the mint leaves and press lightly with the muddler.
- ☐
- Add the vodka, saké, and ice, and stir until chilled. Double strain into a chilled coupe and garnish with the fanned apple slices.
- ☐
- From The American Cocktail: 50 Recipes that Celebrate the Craft of
- ☐
- Mixing Drinks from Coast to Coast by the Editors of Imbibe Magazine. Text copyright © 2011 by Imbibe magazine; photographs copyright © 2011 by Sheri Giblin. Published by Chronicle Books.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:18.27, Inflammation Score:-6, Nutrition Score:8.460869581803%

Flavonoids

Cyanidin: 7.86mg, Cyanidin: 7.86mg, Cyanidin: 7.86mg, Cyanidin: 7.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg Epicatechin: 37.72mg, Epicatechin: 37.72mg, Epicatechin: 37.72mg, Epicatechin: 37.72mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.95mg, Epigallocatechin 3–gallate: 0.95mg, Epigallocatechin 3–gallate: 0.95mg, Epigallocatechin 3–gallate: 0.95mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 20.09mg, Quercetin: 20.09mg, Quercetin: 20.09mg, Quercetin: 20.09mg

Nutrients (% of daily need)

Calories: 318.95kcal (15.95%), Fat: 0.87g (1.34%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 76.03g (25.34%), Net Carbohydrates: 63.85g (23.22%), Sugar: 57.29g (63.65%), Cholesterol: 0mg (0%), Sodium: 13.11mg (0.57%), Alcohol: 4.56g (100%), Alcohol %: 0.97% (100%), Protein: 1.52g (3.04%), Fiber: 12.18g (48.73%), Vitamin C: 23.68mg (28.7%), Potassium: 558.95mg (15.97%), Vitamin K: 11.02µg (10.5%), Vitamin B6: 0.21mg (10.4%), Manganese: 0.2mg (9.94%), Vitamin B2: 0.14mg (8.22%), Copper: 0.15mg (7.74%), Magnesium: 29.62mg (7.4%), Vitamin A: 355.48IU

(7.11%), Vitamin B1: 0.1mg (6.4%), Vitamin E: 0.9mg (6.01%), Phosphorus: 58.83mg (5.88%), Iron: 0.99mg (5.48%), Folate: 17.31µg (4.33%), Calcium: 38.94mg (3.89%), Vitamin B5: 0.31mg (3.12%), Vitamin B3: 0.5mg (2.49%), Zinc: 0.25mg (1.65%)