



Mrs. McMullen's Appleberry Pie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



263 kcal

DESSERT

Ingredients

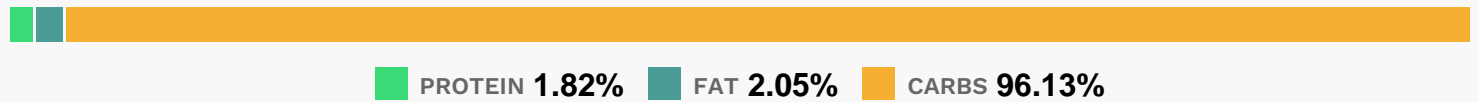
- 2.5 oz apple juice
- 2 blackberries
- 3 blueberries
- 2.5 oz rum good for a one (ask your liquor store)
- 3 blueberries (garnish)
- 5 raspberries
- 5 grapes red
- 0.5 oz simple syrup glaze

Equipment

Directions

- Muddle all of the fruit in a glass cocktail shaker.
- Add ice.
- Add cognac and apple juice. Shake and strain over fresh ice in a large wine goblet.
- Garnish with a mix of blueberries and raspberries.

Nutrition Facts



Properties

Glycemic Index:232.75, Glycemic Load:5.74, Inflammation Score:-3, Nutrition Score:2.7817391377428%

Flavonoids

Cyanidin: 9.25mg, Cyanidin: 9.25mg, Cyanidin: 9.25mg, Cyanidin: 9.25mg Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 5.28mg, Malvidin: 5.28mg, Malvidin: 5.28mg, Malvidin: 5.28mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 1.6mg, Peonidin: 1.6mg, Peonidin: 1.6mg, Peonidin: 1.6mg Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 263.07kcal (13.15%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 24.19g (8.8%), Sugar: 22.48g (24.98%), Cholesterol: 0mg (0%), Sodium: 12.48mg (0.54%), Alcohol: 23.67g (100%), Alcohol %: 14.8% (100%), Protein: 0.48g (0.97%), Manganese: 0.2mg (10.1%), Vitamin C: 5.65mg (6.85%), Vitamin K: 6.73µg (6.41%), Fiber: 1.42g (5.66%), Iron: 0.83mg (4.61%), Potassium: 157.27mg (4.49%), Vitamin B1: 0.06mg (4.11%), Copper: 0.08mg (3.9%), Vitamin B2: 0.05mg (2.88%), Magnesium: 10.18mg (2.54%), Vitamin B6: 0.05mg (2.29%), Phosphorus: 18.65mg (1.86%), Vitamin E: 0.23mg (1.55%), Calcium: 14.14mg (1.41%),

Vitamin B3: 0.24mg (1.2%), Zinc: 0.16mg (1.08%), Folate: 4.07 μ g (1.02%), Vitamin B5: 0.1mg (1.01%)