

Noel Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



95 kcal

BEVERAGE

DRINK

Ingredients



1 slices apples



1 cup apple juice chilled



2 cups wine dry white chilled



6 servings mint leaves fresh



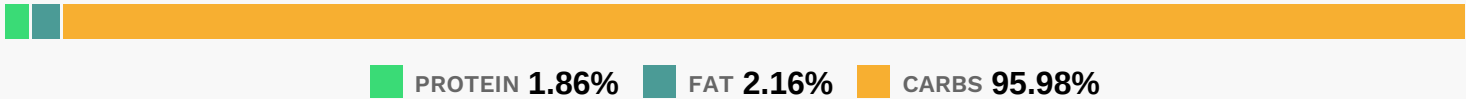
1 cup seltzer water chilled

Equipment

Directions

- ☐ Mix wine, juice drink and sparkling water.
- ☐ Serve over ice.
- ☐ Garnish with apple slices and mint.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:2.84, Inflammation Score:-3, Nutrition Score:1.530434784034%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 94.76kcal (4.74%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 8.81g (3.2%), Sugar: 6.63g (7.37%), Cholesterol: 0mg (0%), Sodium: 14.43mg (0.63%), Alcohol: 8.24g (100%), Alcohol %: 5.8% (100%), Protein: 0.18g (0.36%), Manganese: 0.14mg (7.13%), Potassium: 124.46mg (3.56%), Magnesium: 12.17mg (3.04%), Vitamin B6: 0.06mg (2.81%), Fiber: 0.6g (2.39%), Phosphorus: 20.02mg (2%), Iron: 0.34mg (1.9%), Vitamin C: 1.53mg (1.85%), Calcium: 16mg (1.6%), Vitamin B2: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.11%), Zinc: 0.16mg (1.08%), Vitamin A: 52.7IU (1.05%)