

Noel Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients



1 cup apple juice chilled



2 cups wine dry white chilled



1 cup seltzer water chilled

Equipment

Directions

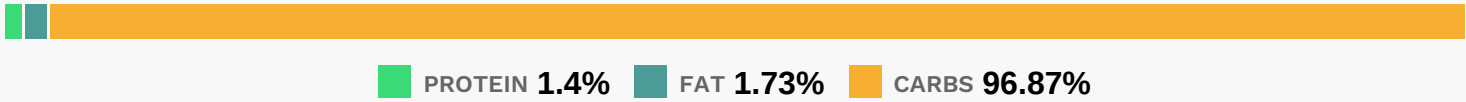


Mix wine, juice drink and sparkling water.

- ☐
- Serve over ice.

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Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:2.18, Inflammation Score:-3, Nutrition Score:1.0708695523765%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 84.61kcal (4.23%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.67g (2.42%), Sugar: 4.74g (5.27%), Cholesterol: 0mg (0%), Sodium: 13.93mg (0.61%), Alcohol: 8.24g (100%), Alcohol %: 6.5% (100%), Protein: 0.1g (0.19%), Manganese: 0.12mg (6.23%), Potassium: 99.34mg (2.84%), Magnesium: 10.46mg (2.62%), Vitamin B6: 0.05mg (2.37%), Phosphorus: 17.29mg (1.73%), Iron: 0.27mg (1.5%), Calcium: 12.48mg (1.25%), Vitamin B2: 0.02mg (1.12%)