



Orchard Fizz



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



522 kcal

SIDE DISH

Ingredients

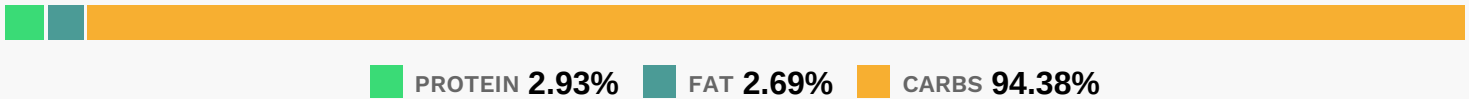
- ☐ 4 slices apples for garnish
- ☐ 1 serving seltzer water
- ☐ 0.5 egg whites
- ☐ 3 fuji apple fresh
- ☐ 1 ounce ice cubes
- ☐ 1 serving ice cubes
- ☐ 0.5 ounce juice of lemon

Equipment

Directions

- ☐ Muddle apple cubes in the bottom of cocktail shaker.
- ☐ Add Rhuby, apple ice wine, egg white, and lemon. Dry shake for 30 seconds.
- ☐ Fill shaker with ice and shake again for 30 seconds. Strain cocktail into a highball glass. Fill remainder of glass with soda.
- ☐ If desired, place 4 slices of apple on a tooth pick and place on top of glass for garnish.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:35.82, Inflammation Score:-8, Nutrition Score:16.367391492362%

Flavonoids

Cyanidin: 15.42mg, Cyanidin: 15.42mg, Cyanidin: 15.42mg, Cyanidin: 15.42mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 12.77mg, Catechin: 12.77mg, Catechin: 12.77mg, Catechin: 12.77mg Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg, Epigallocatechin: 2.55mg Epicatechin: 73.94mg, Epicatechin: 73.94mg, Epicatechin: 73.94mg, Epicatechin: 73.94mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 1.87mg, Epigallocatechin 3-gallate: 1.87mg, Epigallocatechin 3-gallate: 1.87mg, Epigallocatechin 3-gallate: 1.87mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 39.43mg, Quercetin: 39.43mg, Quercetin: 39.43mg, Quercetin: 39.43mg

Nutrients (% of daily need)

Calories: 521.56kcal (26.08%), Fat: 1.73g (2.66%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 136.6g (45.53%), Net Carbohydrates: 112.99g (41.09%), Sugar: 102.59g (113.99%), Cholesterol: 0mg (0%), Sodium: 39.29mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Fiber: 23.61g (94.44%), Vitamin C: 50.66mg (61.4%), Potassium: 1089.81mg (31.14%), Vitamin K: 21.6µg (20.58%), Vitamin B6: 0.41mg (20.49%), Vitamin B2: 0.32mg (19.02%), Manganese: 0.35mg (17.35%), Copper: 0.28mg (14.22%), Magnesium: 52.45mg (13.11%), Vitamin E: 1.79mg (11.93%), Vitamin B1: 0.17mg (11.4%), Phosphorus: 111.4mg (11.14%), Vitamin A: 531.13IU (10.62%), Folate: 32.9µg (8.22%), Iron: 1.2mg (6.68%), Vitamin B5: 0.65mg (6.46%), Calcium: 63.4mg (6.34%), Vitamin B3: 0.92mg (4.61%), Selenium: 3.01µg (4.31%), Zinc: 0.41mg (2.76%)