



Party Apple Punch

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



13

CALORIES



141 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups pear nectar chilled
- 0.3 cup honey
- 1 cup brandy
- 50.8 oz apple cider chilled ()
- 1 liter seltzer water chilled ()
- 1 slices apples

Equipment

- bowl

Directions

- In large punch bowl, stir together pear nectar, honey and brandy. Stir in sparkling apple cider and club soda.
- Garnish with apple slices.
- Serve immediately.

Nutrition Facts

PROTEIN 0.76% **FAT 1.42%** **CARBS 97.82%**

Properties

Glycemic Index:10.77, Glycemic Load:8.12, Inflammation Score:-1, Nutrition Score:1.3886956510984%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 5.85mg, Epicatechin: 5.85mg, Epicatechin: 5.85mg, Epicatechin: 5.85mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 140.86kcal (7.04%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 24.46g (8.89%), Sugar: 22.73g (25.25%), Cholesterol: 0mg (0%), Sodium: 22.65mg (0.98%), Alcohol: 6.17g (100%), Alcohol %: 3.01% (100%), Protein: 0.19g (0.39%), Manganese: 0.11mg (5.29%), Potassium: 131.16mg (3.75%), Fiber: 0.67g (2.67%), Copper: 0.05mg (2.61%), Vitamin C: 1.84mg (2.23%), Magnesium: 8.01mg (2%), Vitamin B1: 0.03mg (1.77%), Vitamin B2: 0.03mg (1.72%), Iron: 0.29mg (1.59%), Calcium: 15.53mg (1.55%), Vitamin B6: 0.03mg (1.53%), Phosphorus: 10.83mg (1.08%), Zinc: 0.15mg (1.01%)