



## Pomegranate-Apple Brandy Cocktails

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



160 kcal

BEVERAGE

DRINK

### Ingredients

- 1 serving ice cubes
- 1 cup brandy
- 0.5 cup pomegranate juice
- 2 drops food coloring blue
- 0.3 cup grenadine syrup
- 6 maraschino cherries

### Equipment

## Directions

- Fill 1-quart pitcher halfway with ice.
- Add brandy, pomegranate juice and food color; stir.
- Pour grenadine evenly into 6 champagne flutes. Carefully pour brandy mixture into each glass, straining out ice and pouring slowly down side of glass so mixture floats on top of grenadine layer.
- Garnish with cherries.
- Serve immediately.

## Nutrition Facts

**PROTEIN 0.25%** **FAT 0.94%** **CARBS 98.81%**

## Properties

Glycemic Index:19.17, Glycemic Load:11.9, Inflammation Score:-1, Nutrition Score:0.59869565855226%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 159.5kcal (7.97%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 16.53g (6.01%), Sugar: 12.83g (14.26%), Cholesterol: 0mg (0%), Sodium: 7.73mg (0.34%), Alcohol: 13.36g (100%), Alcohol %: 18.23% (100%), Protein: 0.04g (0.08%), Vitamin K: 2.23µg (2.13%), Potassium: 51.23mg (1.46%), Manganese: 0.03mg (1.38%), Copper: 0.03mg (1.3%), Folate: 4.98µg (1.25%)