

Pomegranate-Apple Brandy Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



78 kcal

SIDE DISH

Ingredients

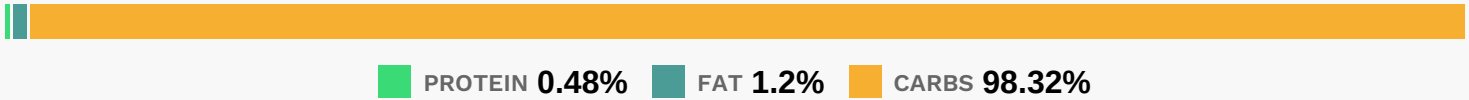
- ☐ 1 cup apples
- ☐ 2 drops food coloring blue
- ☐ 0.3 cup grenadine syrup
- ☐ 6 servings ice cubes
- ☐ 6 maraschino cherries
- ☐ 0.5 cup pomegranate juice

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



Properties

Glycemic Index:22, Glycemic Load:12.66, Inflammation Score:-1, Nutrition Score:0.89086956304053%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 77.93kcal (3.9%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 18.91g (6.88%), Sugar: 15g (16.66%), Cholesterol: 0mg (0%), Sodium: 9.88mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Fiber: 0.68g (2.72%), Vitamin K: 2.69µg (2.56%), Potassium: 72.72mg (2.08%), Copper: 0.03mg (1.54%), Folate: 5.61µg (1.4%), Manganese: 0.03mg (1.38%), Vitamin C: 0.98mg (1.19%)