



Pomme en Croute Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



244 kcal

BEVERAGE

DRINK

Ingredients

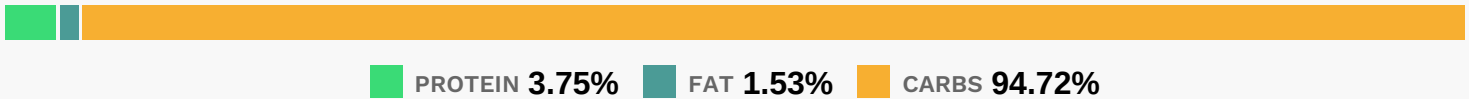
- ☐ 0.5 ounce campari
- ☐ 0.5 ounce juice of lemon
- ☐ 1 cranberry-orange relish
- ☐ 1 serving cranberry-orange relish
- ☐ 0.5 ounce orange juice freshly squeezed
- ☐ 2 tablespoons sugar

Equipment

Directions

- ☐ Moisten the rim of a rocks glass with the orange wedge.
- ☐ Pour sugar onto a plate or square of waxed paper and roll lip of glass in sugar to coat.
- ☐ Fill shaker with ice and add applejack, Campari, orange and lemon juices. Shake vigorously for 15 seconds. Strain into sugar-rimmed glass.
- ☐ Garnish with orange twist.

Nutrition Facts



Properties

Glycemic Index:207.09, Glycemic Load:26.34, Inflammation Score:-8, Nutrition Score:10.170869578891%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 63.97mg, Hesperetin: 63.97mg, Hesperetin: 63.97mg, Hesperetin: 63.97mg Naringenin: 34.36mg, Naringenin: 34.36mg, Naringenin: 34.36mg, Naringenin: 34.36mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 243.61kcal (12.18%), Fat: 0.4g (0.62%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 56.26g (18.75%), Net Carbohydrates: 50.89g (18.5%), Sugar: 46.16g (51.29%), Cholesterol: 0mg (0%), Sodium: 0.52mg (0.02%), Alcohol: 3.22g (100%), Alcohol %: 1.42% (100%), Protein: 2.23g (4.45%), Vitamin C: 130.15mg (157.75%), Fiber: 5.37g (21.5%), Folate: 73.39µg (18.35%), Vitamin B1: 0.21mg (13.9%), Potassium: 443.44mg (12.67%), Vitamin A: 526.45IU (10.53%), Calcium: 91.05mg (9.1%), Vitamin B6: 0.14mg (7.24%), Magnesium: 24.51mg (6.13%), Vitamin B5: 0.6mg (5.98%), Vitamin B2: 0.1mg (5.84%), Copper: 0.11mg (5.48%), Vitamin B3: 0.69mg (3.46%), Phosphorus: 34.48mg (3.45%), Manganese: 0.06mg (2.99%), Vitamin E: 0.42mg (2.83%), Selenium: 1.28µg (1.82%), Iron: 0.27mg (1.51%), Zinc: 0.17mg (1.14%)