



## Smoky Apple Cider Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



202 kcal

BEVERAGE

DRINK

### Ingredients

- 1 serving ice cubes
- 2 tablespoons brandy
- 1.5 teaspoons frangelico
- 1 teaspoon maple syrup
- 0.8 cup apple cider hard cold
- 1 serving apples fresh

### Equipment

## Directions

- Fill glass with ice.
- Add brandy, mezcal and maple syrup; stir.
- Add hard apple cider; stir gently.
- Garnish with apple slice.

## Nutrition Facts

**PROTEIN 0.99%** **FAT 2.2%** **CARBS 96.81%**

## Properties

Glycemic Index:124.25, Glycemic Load:12.01, Inflammation Score:-3, Nutrition Score:3.0504347720872%

## Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.03mg, Catechin: 3.03mg, Catechin: 3.03mg, Catechin: 3.03mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 13.04mg, Epicatechin: 13.04mg, Epicatechin: 13.04mg, Epicatechin: 13.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

## Nutrients (% of daily need)

Calories: 202.12kcal (10.11%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 31.49g (11.45%), Sugar: 27.72g (30.8%), Cholesterol: 0mg (0%), Sodium: 11.44mg (0.5%), Alcohol: 10.02g (100%), Alcohol %: 3.74% (100%), Protein: 0.34g (0.68%), Manganese: 0.32mg (15.96%), Vitamin B2: 0.14mg (8.03%), Potassium: 261.99mg (7.49%), Fiber: 1.85g (7.42%), Vitamin C: 4.47mg (5.42%), Vitamin B1: 0.05mg (3.61%), Magnesium: 14.01mg (3.5%), Vitamin B6: 0.06mg (2.89%), Calcium: 27.22mg (2.72%), Copper: 0.05mg (2.67%), Phosphorus: 20.47mg (2.05%), Iron: 0.31mg (1.71%), Vitamin K: 1.38µg (1.31%), Vitamin B5: 0.12mg (1.25%)