



Sour Apple Martini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



257 kcal

BEVERAGE

DRINK

Ingredients



0.8 cup apples sour



4 servings cinnamon sugar



4 servings ice crushed



4 apples i use 2 granny smith apples very thin



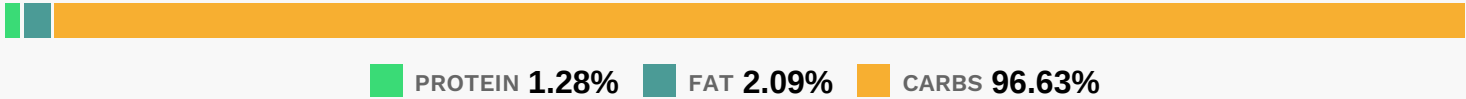
0.8 cup vodka

Equipment

Directions

- ☐ Rub rims of chilled martini glasses with apple slices.
- ☐ Place cinnamon sugar in a saucer; spin rim of each glass in cinnamon sugar. Attach one apple slice on rim of each glass.
- ☐ Stir together vodka and Schnapps. Fill half of cocktail shaker with ice.
- ☐ Add half of vodka mixture, cover with lid, and shake 10 seconds or until thoroughly chilled. Strain into chilled glasses. Repeat with remaining vodka mixture.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used DeKuyper Pucker Sour Apple Schnapps.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:15.87, Inflammation Score:-4, Nutrition Score:3.2778260594477%

Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 15.47mg, Epicatechin: 15.47mg, Epicatechin: 15.47mg, Epicatechin: 15.47mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 256.98kcal (12.85%), Fat: 0.39g (0.6%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 40.3g (13.43%), Net Carbohydrates: 35.37g (12.86%), Sugar: 33.34g (37.05%), Cholesterol: 0mg (0%), Sodium: 2.67mg (0.12%), Alcohol: 15.03g (100%), Alcohol %: 7.23% (100%), Protein: 0.53g (1.07%), Fiber: 4.93g (19.72%), Vitamin C: 9.45mg (11.45%), Potassium: 220.51mg (6.3%), Vitamin K: 4.52µg (4.3%), Vitamin B6: 0.08mg (4.21%), Manganese: 0.07mg (3.62%), Vitamin B2: 0.06mg (3.46%), Copper: 0.06mg (3.05%), Magnesium: 10.28mg (2.57%), Vitamin B1: 0.04mg (2.48%), Phosphorus: 24.85mg (2.48%), Vitamin E: 0.37mg (2.47%), Vitamin A: 110.94IU (2.22%), Folate: 6.16µg (1.54%), Iron: 0.26mg (1.43%), Calcium: 12.48mg (1.25%), Vitamin B5: 0.13mg (1.25%)