



Sour-Apple Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 4 cups club soda
- ☐ 0.5 teaspoon coarse salt
- ☐ 8 servings ice cubes crushed
- ☐ 8 servings lemon wedges
- ☐ 0.3 cup sugar
- ☐ 1 cup sour-apple cocktail mix

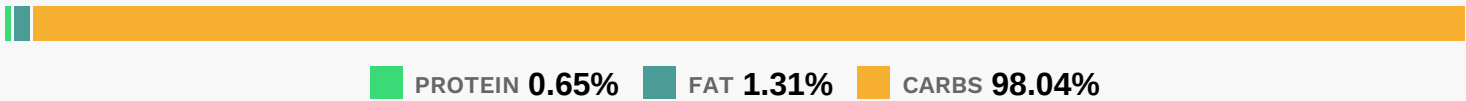
Equipment

☐ bowl

Directions

- ☐ Combine sugar, cinnamon and coarse salt in a small bowl, then pour onto a saucer. Use lemon wedge to moisten rims of 8 martini glasses. Overturn each glass onto saucer and twist to coat rim. Fill a pitcher with crushed ice.
- ☐ Pour in sour-apple cocktail mix and club soda. Strain into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:4.95, Inflammation Score:-1, Nutrition Score:0.47478261006915%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 32.79kcal (1.64%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 8.11g (2.95%), Sugar: 7.89g (8.77%), Cholesterol: 0mg (0%), Sodium: 170.49mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.11%), Fiber: 0.47g (1.88%), Vitamin C: 1.25mg (1.52%), Manganese: 0.03mg (1.47%)