



Sparkling Apple Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



504 kcal

BEVERAGE

DRINK

Ingredients

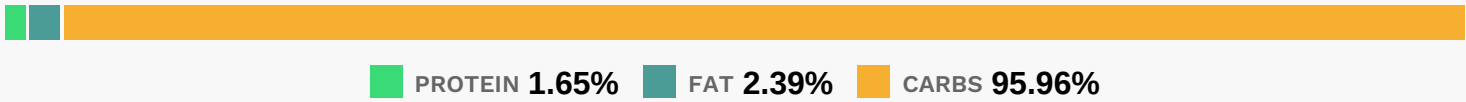
- ☐ 4 apples green red
- ☐ 1 ounce apple juice
- ☐ 3 ounces champagne
- ☐ 0.5 ounce cognac
- ☐ 0.5 ounce simple syrup glaze

Equipment

Directions

- ☐ Combine the apple juice, cognac, simple syrup, and apple chunks in a cocktail shaker with ice. Shake vigorously and pour into a cocktail glass.
- ☐ Add additional ice, if needed. Top off with champagne. Stir and serve.
- ☐ Reprinted with permission from 101 Champagne Cocktails by Kim Haasarud, © 2008 John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:87.75, Glycemic Load:27.84, Inflammation Score:-8, Nutrition Score:12.418695789316%

Flavonoids

Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 9.82mg, Catechin: 9.82mg, Catechin: 9.82mg, Catechin: 9.82mg Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg Epicatechin: 56.15mg, Epicatechin: 56.15mg, Epicatechin: 56.15mg, Epicatechin: 56.15mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 29.36mg, Quercetin: 29.36mg, Quercetin: 29.36mg, Quercetin: 29.36mg

Nutrients (% of daily need)

Calories: 504.15kcal (25.21%), Fat: 1.27g (1.96%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 115.03g (38.34%), Net Carbohydrates: 97.5g (35.46%), Sugar: 89.79g (99.77%), Cholesterol: 0mg (0%), Sodium: 22.73mg (0.99%), Alcohol: 10.18g (100%), Alcohol %: 1.48% (100%), Protein: 1.98g (3.96%), Fiber: 17.53g (70.11%), Vitamin C: 33.74mg (40.9%), Potassium: 891.65mg (25.48%), Vitamin B6: 0.32mg (16.04%), Vitamin K: 16.02µg (15.25%), Manganese: 0.28mg (13.92%), Vitamin B2: 0.21mg (12.45%), Magnesium: 47.74mg (11.93%), Copper: 0.22mg (10.76%), Vitamin B1: 0.15mg (9.93%), Iron: 1.76mg (9.8%), Phosphorus: 96.52mg (9.65%), Vitamin E: 1.31mg (8.75%), Vitamin A: 393.4IU (7.87%), Folate: 22.69µg (5.67%), Calcium: 55.45mg (5.54%), Vitamin B5: 0.46mg (4.58%), Vitamin B3: 0.78mg (3.92%), Zinc: 0.4mg (2.65%)