



## Sparkling Ginger Hard Apple Cider

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



171 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup bourbon
- 0.8 cup pear liqueur
- 0.3 cup clear candies orange-flavored
- 0.5 cup maple syrup pure
- 1 dashes angostura bitters
- 48 oz apple cider hard chilled
- 1 chunks ice cubes
- 1 slices apples red

# Equipment

bowl

# Directions

- In pitcher or punch bowl, mix bourbon, liqueurs, maple syrup and bitters.
- Slowly add hard cider.
- Carefully add ice.
- Garnish with apple slices.

# Nutrition Facts

**PROTEIN 0.47%** **FAT 1.24%** **CARBS 98.29%**

# Properties

Glycemic Index:10.35, Glycemic Load:8.76, Inflammation Score:-1, Nutrition Score:2.2939130728659%

# Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

# Nutrients (% of daily need)

Calories: 171kcal (8.55%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 28.51g (10.37%), Sugar: 25.66g (28.51%), Cholesterol: 0mg (0%), Sodium: 5.94mg (0.26%), Alcohol: 9.34g (100%), Alcohol %: 7.14% (100%), Protein: 0.14g (0.27%), Manganese: 0.4mg (19.87%), Vitamin B2: 0.19mg (11.32%), Potassium: 154.64mg (4.42%), Calcium: 24.24mg (2.42%), Vitamin B1: 0.03mg (2.32%), Magnesium: 8.94mg (2.24%), Fiber: 0.44g (1.78%), Vitamin C: 1.44mg (1.74%), Vitamin B6: 0.02mg (1.21%)