



Sparkling Ginger Hard Apple Cider



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



189 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 48 oz apple cider hard chilled
- ☐ 1 dashes angostura bitters
- ☐ 0.5 cup bourbon
- ☐ 0.3 cup clear honey orange-flavored
- ☐ 0.8 cup rum / brandy / coffee liqueur
- ☐ 1 chunks ice cubes
- ☐ 0.5 cup maple syrup pure
- ☐ 1 slices apples red

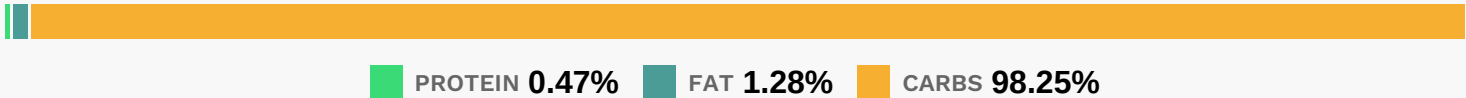
Equipment

☐ 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



Properties

Glycemic Index:14.71, Glycemic Load:11.79, Inflammation Score:-1, Nutrition Score:2.35739127255%

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: 188.67kcal (9.43%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 35.41g (12.88%), Sugar: 32.6g (36.23%), Cholesterol: 0mg (0%), Sodium: 7.4mg (0.32%), Alcohol: 6.58g (100%), Alcohol %: 4.97% (100%), Protein: 0.17g (0.35%), Manganese: 0.4mg (20.16%), Vitamin B2: 0.2mg (11.48%), Potassium: 158.31mg (4.52%), Calcium: 24.67mg (2.47%), Vitamin B1: 0.03mg (2.32%), Magnesium: 9.08mg (2.27%), Fiber: 0.46g (1.84%), Vitamin C: 1.47mg (1.79%), Vitamin B6: 0.03mg (1.3%), Iron: 0.2mg (1.09%), Copper: 0.02mg (1.04%)