

Spiced Apple

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

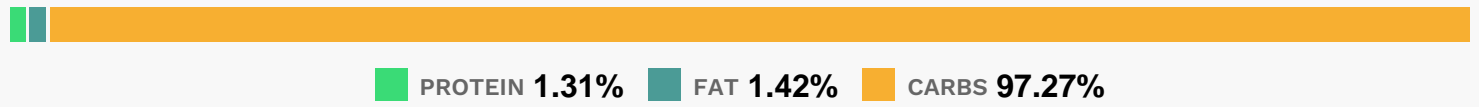
- 1 cup apple cider
- 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 2 cups ginger ale
- 4 servings ice cubes
- 1 slices cranberry-orange relish for garnish
- 4 ounces spiced rum

Equipment

Directions

- Stir together the ginger ale, apple cider and cranberry juice in a large pitcher.
- Pour over ice filled glasses and garnish each with a slice of orange.
- Pour 1 ounce of rum in each drink if desired.

Nutrition Facts



Properties

Glycemic Index:54.31, Glycemic Load:13.61, Inflammation Score:-2, Nutrition Score:2.0152173599471%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 163.49kcal (8.17%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 24.87g (9.04%), Sugar: 24.16g (26.84%), Cholesterol: 0mg (0%), Sodium: 14.97mg (0.65%), Alcohol: 9.47g (100%), Alcohol %: 3.66% (100%), Protein: 0.34g (0.68%), Vitamin C: 8.28mg (10.03%), Vitamin E: 0.77mg (5.14%), Copper: 0.08mg (3.98%), Potassium: 116.37mg (3.32%), Manganese: 0.06mg (3.25%), Vitamin K: 3.23µg (3.07%), Iron: 0.46mg (2.53%), Vitamin B6: 0.05mg (2.29%), Magnesium: 8.84mg (2.21%), Calcium: 16.4mg (1.64%), Vitamin B1: 0.02mg (1.52%), Vitamin B2: 0.02mg (1.41%), Phosphorus: 13.98mg (1.4%), Fiber: 0.27g (1.06%), Zinc: 0.15mg (1.02%)