



Spiced Virgin Apple Martinis

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 25.4 ounce sparkling apple cider chilled
- ☐ 0.3 cup apple juice concentrate frozen thawed
- ☐ 1.3 inch thick piece candied ginger
- ☐ 4 cinnamon sticks halved
- ☐ 1.5 ounces gingersnaps cookies
- ☐ 1 small apples i use 2 granny smith apples cored halved cut into 6 wedges
- ☐ 2 tablespoons juice of lemon fresh (from)
- ☐ 0.5 cup sugar

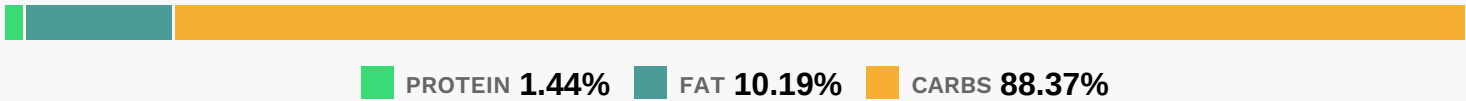
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saucepan, combine the 1/2 cup of the sugar, 1/2 cup water, lemon juice, cinnamon sticks and candied ginger. Stir over medium heat until the sugar dissolves and the syrup comes to a boil. Reduce the heat and simmer for 5 minutes. Cool to room temperature. Strain and transfer to a small bowl. (Can be made 2 days in advance).
- ☐ Pour 1/4 cup of the cinnamon syrup into a large pitcher.
- ☐ Place the remaining syrup into a shallow bowl.
- ☐ Grind the gingersnaps and the remaining 1 tablespoon sugar in a mini processor to fine crumbs. (Alternatively, the cookies can be placed in a resealable plastic bag and crushed with a rolling pin or the bottom of a small saucepan.)
- ☐ Pour the crumbs into a second shallow bowl.
- ☐ Dip the rim of each martini glass into the cinnamon syrup. Dip the moistened rims into the cookie crumbs several times to coat.
- ☐ Stir the apple juice concentrate and sparkling apple cider into the pitcher.
- ☐ Pour into the prepared glasses and garnish with apple slices.

Nutrition Facts



Properties

Glycemic Index:42.1, Glycemic Load:21.46, Inflammation Score:-1, Nutrition Score:3.5278261174326%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 8.17mg, Epicatechin: 8.17mg, Epicatechin: 8.17mg, Epicatechin: 8.17mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 183.62kcal (9.18%), Fat: 2.17g (3.33%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 40.1g (14.58%), Sugar: 34.19g (37.99%), Cholesterol: 0mg (0%), Sodium: 31.15mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Manganese: 0.55mg (27.34%), Fiber: 2.21g (8.84%), Vitamin C: 4.37mg (5.3%), Potassium: 183.48mg (5.24%), Vitamin B1: 0.06mg (3.94%), Calcium: 36.96mg (3.7%), Iron: 0.61mg (3.38%), Vitamin B2: 0.06mg (3.31%), Magnesium: 10.62mg (2.66%), Vitamin B6: 0.05mg (2.26%), Vitamin K: 2.05µg (1.96%), Copper: 0.04mg (1.95%), Vitamin E: 0.29mg (1.95%), Vitamin B3: 0.39mg (1.94%), Folate: 7.63µg (1.91%), Phosphorus: 18.67mg (1.87%), Vitamin B5: 0.12mg (1.17%), Selenium: 0.75µg (1.07%)