



Stone Fence



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

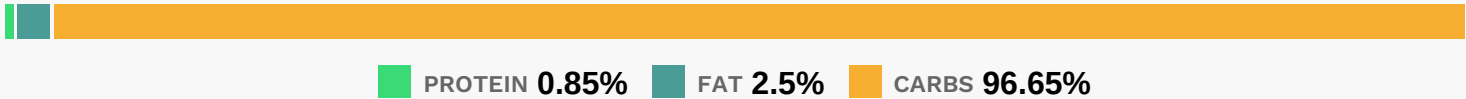
- ☐ 0.1 teaspoon angostura bitters
- ☐ 3 cups apple cider
- ☐ 25.4 ounce sparkling apple juice
- ☐ 0.8 cup calvados (apple brandy)
- ☐ 8 servings ice cubes

Equipment

Directions

- ☐ Combine first 4 ingredients in a pitcher.
- ☐ Serve over ice.
- ☐ Garnish with apple slices and cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:8.07, Inflammation Score:-1, Nutrition Score:1.3917391170626%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epicatechin: 8.41mg, Epicatechin: 8.41mg, Epicatechin: 8.41mg, Epicatechin: 8.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 134.46kcal (6.72%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 19.85g (7.22%), Sugar: 17.18g (19.09%), Cholesterol: 0mg (0%), Sodium: 10.17mg (0.44%), Alcohol: 7.55g (100%), Alcohol %: 3.72% (100%), Protein: 0.18g (0.36%), Manganese: 0.14mg (6.81%), Potassium: 180.74mg (5.16%), Vitamin B1: 0.04mg (2.59%), Magnesium: 9.49mg (2.37%), Vitamin C: 1.61mg (1.95%), Vitamin B2: 0.03mg (1.84%), Copper: 0.04mg (1.76%), Vitamin B6: 0.03mg (1.62%), Calcium: 15.96mg (1.6%), Fiber: 0.36g (1.43%), Phosphorus: 13.4mg (1.34%), Iron: 0.22mg (1.24%)