



Summer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



8

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 apples diced cored
- ☐ 1 cup grapefruit soda recommended: Hansens
- ☐ 2 cups club soda
- ☐ 1 bunch mint leaves fresh
- ☐ 8 servings ice cubes as needed crushed
- ☐ 1 cranberry-orange relish diced peeled
- ☐ 3 shots rum white
- ☐ 1 cup simple syrup glaze

☐

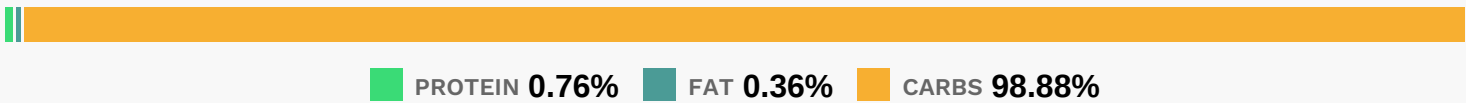
1 bottle rosé wine spanish

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pitcher, take half of the bunch of fresh mint leaves along with the simple syrup and muddle them together until the oil from mint is released.
- ☐ Add the diced apple and orange, and muddle again. Fill the pitcher with crushed ice.
- ☐ Pour the bottle of wine over the smashed ingredients.
- ☐ Add the club soda and grapefruit soda. Finish the drink with 3 shots of white rum and stir gently.
- ☐ Pour into glasses and garnish with some of the remaining mint leaves. Cheers!

Nutrition Facts



Properties

Glycemic Index:13.06, Glycemic Load:1.87, Inflammation Score:-4, Nutrition Score:3.1569565560507%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 4.51mg, Hesperetin: 4.51mg, Hesperetin: 4.51mg, Hesperetin: 4.51mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 249.43kcal (12.47%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 37.53g (13.65%), Sugar: 35.47g (39.41%), Cholesterol: 0mg (0%), Sodium: 48.35mg (2.1%), Alcohol:

15.31g (100%), Alcohol %: 6.88% (100%), Protein: 0.3g (0.59%), Vitamin C: 9.92mg (12.02%), Iron: 1.95mg (10.82%), Manganese: 0.14mg (6.9%), Vitamin B1: 0.08mg (5.26%), Potassium: 178.28mg (5.09%), Magnesium: 18.6mg (4.65%), Fiber: 0.98g (3.92%), Vitamin B2: 0.06mg (3.61%), Vitamin B6: 0.07mg (3.53%), Phosphorus: 27.95mg (2.79%), Calcium: 26.57mg (2.66%), Zinc: 0.32mg (2.16%), Copper: 0.04mg (1.96%), Folate: 7.1µg (1.78%), Vitamin A: 70.37IU (1.41%), Vitamin B3: 0.28mg (1.38%)