



The Normand Fizz | Apple Ginger Calvados Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



2

CALORIES



164 kcal

SIDE DISH

Ingredients

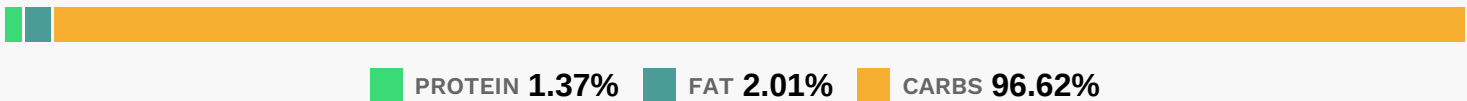
- ☐ 2 servings ice cubes
- ☐ 1 oz juice of lemon
- ☐ 2 servings lemon zest for garnish
- ☐ 1 teaspoon maple syrup
- ☐ 1 oz simple syrup glaze (see associated recipe)
- ☐ 2 servings seltzer water to top up
- ☐ 4 slices baking apples are apples that have a sweet-tart balance and hold their shape when thin

Equipment

Directions

- Add the ginger simple syrup, Calvados and a few ice cubes. Cover, shake and strain into ice filled glasses.Top up with soda water and garnish with the remaining apple slices and twists of lemon peel.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:8.81, Inflammation Score:-3, Nutrition Score:4.5060870245747%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 16.42mg, Epicatechin: 16.42mg, Epicatechin: 16.42mg, Epicatechin: 16.42mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 164.15kcal (8.21%), Fat: 0.41g (0.62%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 38.52g (14.01%), Sugar: 35.51g (39.46%), Cholesterol: 0mg (0%), Sodium: 13.88mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Fiber: 5.3g (21.18%), Vitamin C: 15.77mg (19.12%), Manganese: 0.16mg (7.93%), Potassium: 265.01mg (7.57%), Vitamin B2: 0.11mg (6.58%), Vitamin B6: 0.1mg (4.81%), Vitamin K: 4.8µg (4.57%), Iron: 0.79mg (4.38%), Vitamin B1: 0.06mg (4.09%), Copper: 0.07mg (3.66%), Magnesium: 14.5mg (3.63%), Vitamin E: 0.41mg (2.76%), Phosphorus: 26.27mg (2.63%), Vitamin A: 118.67IU (2.37%), Folate: 9.4µg (2.35%), Calcium: 21.59mg (2.16%), Vitamin B5: 0.15mg (1.52%), Vitamin B3: 0.23mg (1.15%), Zinc: 0.15mg (1.02%)