



Warm Apple Pie Cocktail



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 qts unfiltered apple juice fresh
- ☐ 3 cinnamon sticks ()
- ☐ 1.5 cups spiced rum
- ☐ 6 servings whipped cream sweetened
- ☐ 6 allspice whole

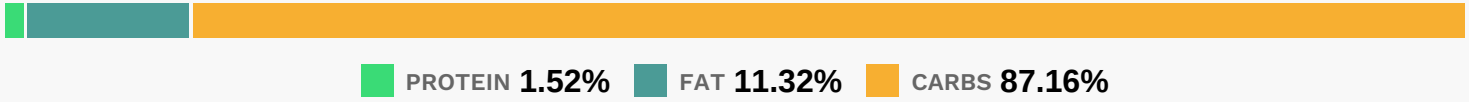
Equipment

- ☐ sauce pan

Directions

- ☐ Combine apple juice and whole spices in a saucepan and bring to a simmer.
- ☐ Remove from heat and let sit 30 minutes. To serve, reheat juice, then strain into heatproof mugs, dividing evenly.
- ☐ Add 1/4 cup rum to each and top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:21.79, Glycemic Load:11.15, Inflammation Score:-3, Nutrition Score:3.1026086839645%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 267.44kcal (13.37%), Fat: 1.67g (2.57%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 27.54g (10.02%), Sugar: 23.28g (25.86%), Cholesterol: 4.56mg (1.52%), Sodium: 10.8mg (0.47%), Alcohol: 20.04g (100%), Alcohol %: 8.34% (100%), Protein: 0.5g (1.01%), Manganese: 0.49mg (24.73%), Potassium: 257.56mg (7.36%), Fiber: 1.42g (5.7%), Calcium: 43.18mg (4.32%), Vitamin B1: 0.06mg (3.73%), Magnesium: 13.67mg (3.42%), Vitamin B2: 0.05mg (2.78%), Vitamin C: 2.23mg (2.71%), Iron: 0.46mg (2.58%), Phosphorus: 25.53mg (2.55%), Vitamin B6: 0.05mg (2.43%), Copper: 0.05mg (2.4%), Vitamin B5: 0.14mg (1.4%), Vitamin B3: 0.21mg (1.05%)