

Winter Spritzer

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 ounce apples
- 4 slices apples
- 0.5 ounce frangelico
- 4 servings sparkling wine

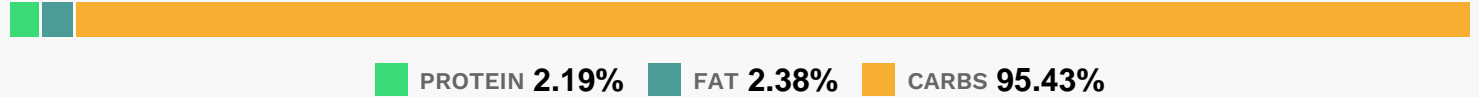
Equipment

- measuring cup

Directions

- Combine hazelnut liqueur and apple brandy in a small measuring cup.
- Add apple slices, and let soak 1 hour.
- Pour 1/4 ounce liqueur mixture in each of 4 flutes, and top with sparkling wine.
- Garnish with liqueur-soaked apple slices.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:4.11, Inflammation Score:-5, Nutrition Score:2.6265217467495%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.47mg, Epicatechin: 8.47mg, Epicatechin: 8.47mg, Epicatechin: 8.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 131.04kcal (6.55%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 14.56g (5.3%), Sugar: 13.41g (14.9%), Cholesterol: 0mg (0%), Sodium: 11.49mg (0.5%), Alcohol: 9.47g (100%), Alcohol %: 4.55% (100%), Protein: 0.4g (0.79%), Fiber: 2.7g (10.8%), Potassium: 250.66mg (7.16%), Vitamin C: 5.18mg (6.28%), Magnesium: 20.43mg (5.11%), Iron: 0.73mg (4.04%), Vitamin B6: 0.08mg (3.79%), Phosphorus: 34.58mg (3.46%), Vitamin B2: 0.04mg (2.59%), Vitamin K: 2.48µg (2.36%), Copper: 0.05mg (2.33%), Calcium: 20.07mg (2.01%), Manganese: 0.04mg (1.97%), Vitamin E: 0.2mg (1.35%), Vitamin B1: 0.02mg (1.28%), Vitamin B3: 0.25mg (1.25%), Vitamin A: 60.77IU (1.22%), Folate: 4.86µg (1.21%), Zinc: 0.16mg (1.09%)