

2 towns cider cosmic crisp nutrition facts

2 towns cider cosmic crisp nutrition facts provide essential information for consumers interested in the nutritional profile of this popular cider product. As the demand for craft ciders continues to grow, understanding the contents and health implications of beverages like 2 Towns Cider Cosmic Crisp becomes increasingly important. This article delves into the detailed nutrition facts of 2 Towns Cider Cosmic Crisp, exploring its calorie count, sugar content, alcohol by volume (ABV), and potential dietary considerations. Additionally, it examines the unique characteristics of the Cosmic Crisp apple variety used in this cider and how it influences the beverage's flavor and nutritional value. Whether you are a cider enthusiast or a health-conscious consumer, this comprehensive guide offers valuable insights into what you consume with each sip. The following sections will cover the nutrition facts, ingredients, health benefits, and comparisons with other cider options.

- Nutrition Facts of 2 Towns Cider Cosmic Crisp
- Ingredients and Production Process
- Health Benefits and Considerations
- Comparison with Other Ciders
- Cosmic Crisp Apple Variety and Its Impact

Nutrition Facts of 2 Towns Cider Cosmic Crisp

Understanding the nutrition facts of 2 Towns Cider Cosmic Crisp is crucial for managing dietary intake and making informed choices. This cider blends the distinct flavor of the Cosmic Crisp apple with traditional cider-making techniques, resulting in a beverage that balances taste and nutrition. The nutrition label typically provides information on calories, carbohydrates, sugars, fats, protein, and alcohol content.

Caloric Content

2 Towns Cider Cosmic Crisp contains approximately 150 calories per 12-ounce serving. This calorie count is fairly standard for ciders of its category and size, making it a moderate option for those tracking their energy intake. The calories primarily come from the natural sugars present in the apples and the alcohol generated during fermentation.

Sugar and Carbohydrates

The cider contains about 20 grams of carbohydrates, with sugars comprising nearly all of this amount. These sugars originate from the natural fruit sugars in the Cosmic Crisp apples as well as

some residual sugar left after fermentation. Consumers monitoring their sugar intake should be aware that the relatively high sugar content can impact blood sugar levels.

Alcohol By Volume (ABV)

The alcohol content of 2 Towns Cider Cosmic Crisp is around 6.5% ABV. This moderate alcohol level aligns with many craft ciders on the market, offering a balanced experience between flavor intensity and alcohol strength. The ABV contributes to the overall calorie count and may affect individuals sensitive to alcohol consumption.

Other Nutritional Components

2 Towns Cider Cosmic Crisp contains negligible amounts of fat and protein, typical of fermented fruit beverages. It also lacks significant amounts of vitamins and minerals, as the fermentation process reduces many micronutrients present in fresh apples.

Ingredients and Production Process

The ingredients and production methods of 2 Towns Cider Cosmic Crisp play a vital role in its flavor profile and nutritional makeup. Understanding these factors provides insight into how the cider maintains its quality and distinctive taste.

Main Ingredients

The primary ingredient is the Cosmic Crisp apple, known for its balanced sweetness and crisp texture. Additional ingredients may include yeast for fermentation and sometimes natural flavor enhancers, though 2 Towns Cider emphasizes minimal additives to preserve authenticity.

Fermentation and Crafting Techniques

The cider undergoes a careful fermentation process where natural sugars convert into alcohol and carbon dioxide. This process is monitored to retain the apple's fresh taste and ensure the desired alcohol content. The cider is then filtered and sometimes lightly carbonated before packaging.

Health Benefits and Considerations

While 2 Towns Cider Cosmic Crisp offers a flavorful alternative to other alcoholic beverages, it is important to assess its health implications. This section outlines potential benefits and points of caution for consumers.

Potential Health Benefits

Craft ciders like 2 Towns Cider Cosmic Crisp can provide antioxidants derived from apples, including polyphenols, which may contribute to heart health and reduce oxidative stress. The cider's natural fruit base distinguishes it from other alcoholic drinks made with artificial flavors or high fructose corn syrup.

Dietary Considerations

Despite some benefits, the cider's sugar and alcohol content require moderation. Excessive consumption can lead to increased calorie intake, blood sugar spikes, and other health concerns. Individuals with diabetes, alcohol sensitivities, or those following calorie-restricted diets should be particularly cautious.

Comparison with Other Ciders

Comparing 2 Towns Cider Cosmic Crisp with other cider products provides a clearer perspective on its nutritional positioning and value in the market.

Calorie and Sugar Comparison

Compared to some mass-produced ciders, 2 Towns Cider Cosmic Crisp tends to have a moderate calorie count and sugar level, often lower than sweeter, flavored varieties. This makes it a preferable option for those seeking a relatively balanced cider experience without excessive sweetness or calories.

Alcohol Content Comparison

At 6.5% ABV, 2 Towns Cider Cosmic Crisp falls within the typical range for craft ciders, which generally vary between 4.5% and 7.5% ABV. This positioning offers a satisfying alcoholic strength without being overly potent.

- Moderate calories (around 150 per serving)
- Moderate sugar content (~20 grams per serving)
- Alcohol content suitable for most cider drinkers (6.5% ABV)
- Minimal additives and natural ingredients

Cosmic Crisp Apple Variety and Its Impact

The Cosmic Crisp apple is a relatively new variety developed for its exceptional flavor, texture, and shelf life. Its unique characteristics significantly influence the cider's taste and nutritional profile.

Flavor Profile of Cosmic Crisp Apples

Cosmic Crisp apples are celebrated for their balanced sweetness and tartness, making them an ideal choice for cider production. Their crisp texture translates into a refreshing and vibrant cider flavor that appeals to a wide range of consumers.

Nutritional Characteristics of Cosmic Crisp Apples

These apples are rich in natural sugars and dietary fiber when fresh, although the fermentation process in cider production reduces fiber content. They also contain antioxidants and vitamins typical of fresh apples, contributing subtly to the cider's nutritional makeup.

Frequently Asked Questions

What are the nutrition facts for 2 Towns Cider Cosmic Crisp?

2 Towns Cider Cosmic Crisp typically contains around 120 calories per 12 oz serving, with 0 grams of fat, 28 grams of carbohydrates (all from sugars), and 0 grams of protein.

Is 2 Towns Cider Cosmic Crisp gluten-free?

Yes, 2 Towns Cider Cosmic Crisp is gluten-free, as it is made from fermented apple juice without any gluten-containing ingredients.

How much sugar is in a serving of 2 Towns Cider Cosmic Crisp?

A 12 oz serving of 2 Towns Cider Cosmic Crisp contains approximately 28 grams of sugar, which comes naturally from the apples used in fermentation.

Does 2 Towns Cider Cosmic Crisp contain any artificial ingredients?

No, 2 Towns Cider Cosmic Crisp is made with natural apple juice and does not contain artificial flavors or preservatives.

What is the alcohol content of 2 Towns Cider Cosmic Crisp?

2 Towns Cider Cosmic Crisp has an alcohol by volume (ABV) of about 6.5%.

Is 2 Towns Cider Cosmic Crisp suitable for vegans?

Yes, 2 Towns Cider Cosmic Crisp is vegan-friendly, as it does not use any animal-derived ingredients or processing aids.

How does 2 Towns Cider Cosmic Crisp compare nutritionally to other ciders?

2 Towns Cider Cosmic Crisp is similar in calories and sugar content to many craft ciders, with around 120 calories and 28 grams of sugar per 12 oz serving.

Are there any allergens in 2 Towns Cider Cosmic Crisp?

2 Towns Cider Cosmic Crisp does not contain common allergens like nuts, dairy, or gluten, but individuals should check the label for any specific concerns.

What vitamins or minerals are present in 2 Towns Cider Cosmic Crisp?

2 Towns Cider Cosmic Crisp contains minimal amounts of vitamins and minerals, as it is primarily fermented apple juice with no added nutrients.

Can 2 Towns Cider Cosmic Crisp be part of a low-calorie diet?

While 2 Towns Cider Cosmic Crisp has moderate calories (about 120 per serving), its sugar content is relatively high, so it should be consumed in moderation on a low-calorie diet.

Additional Resources

1. The Art of Cider Making: A Journey Through 2 Towns Cider

This book delves into the history and craftsmanship behind 2 Towns Cider Company. Readers will explore the apple varieties used, the fermentation process, and the unique flavors that set 2 Towns apart in the cider industry. It also includes interviews with the founders and tips for home cider making.

2. Cosmic Crisp: The Ultimate Apple Guide

An in-depth look at the Cosmic Crisp apple, this book covers its development, cultivation, and rise to popularity. It highlights the apple's unique characteristics, flavor profile, and best uses in cooking and snacking. Readers will also find recipes and storage tips to maximize freshness.

3. Nutrition Facts Uncovered: Apples and Cider

This book provides a comprehensive analysis of the nutritional content of various apples and cider products, including those from 2 Towns Cider and Cosmic Crisp apples. It explores the health

benefits, calorie counts, and sugar content, helping readers make informed dietary choices.

4. *From Orchard to Glass: The Science Behind Cider Production*

Explore the scientific processes involved in turning apples into cider, with a focus on varieties like Cosmic Crisp and brands like 2 Towns. This book covers fermentation, yeast activity, and flavor development, making it perfect for enthusiasts and professionals alike.

5. *Healthy Eating with Apples: Nutrition Facts and Recipes*

Focusing on the nutritional benefits of apples, including the Cosmic Crisp, this book offers a variety of healthy recipes. It emphasizes antioxidants, fiber, and vitamins found in apples, and how incorporating them into your diet can improve overall wellness.

6. *The Rise of Cosmic Crisp: Innovation in Apple Breeding*

Detailing the breeding and marketing strategies behind the Cosmic Crisp apple, this book chronicles its journey from experimental cultivar to commercial success. It highlights the collaboration between Washington State University and the apple industry.

7. *Craft Cider Culture: Spotlight on 2 Towns Cider*

A cultural exploration of the craft cider movement, with a special focus on 2 Towns Cider Company. The book covers the brand's impact on local communities, sustainability efforts, and the growing popularity of craft ciders in the American beverage landscape.

8. *Apple Varieties and Their Nutritional Profiles*

This guide compares popular apple varieties, including Cosmic Crisp, in terms of flavor, texture, and nutritional content. It helps consumers choose apples based on health benefits and culinary uses, backed by scientific data.

9. *Pairing Food and Cider: A Culinary Guide*

Learn how to pair different ciders, such as those from 2 Towns, with foods to enhance dining experiences. This book includes tasting notes, pairing suggestions with cheeses, meats, and desserts, and insights into the flavor profiles of Cosmic Crisp apples used in cider production.

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