



Apple and Pomegranate Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- 8 cups unfiltered apple cider
- 2 sticks cinnamon (3-inch)
- 0.3 cup juice of lemon fresh (2 large lemons)
- 3 inch lemon rind
- 0.8 cup orange juice fresh (3 medium oranges)
- 3 inch orange rind
- 1 cup pomegranate juice
- 0.3 cup sugar

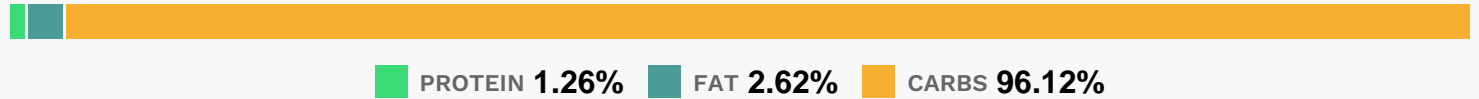
Equipment

- dutch oven
- cheesecloth

Directions

- Place first 4 ingredients on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- Combine cheesecloth bag, cider, and remaining ingredients in a Dutch oven; bring to a simmer. Cook 30 minutes. Discard cheesecloth bag.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:13.03, Inflammation Score:-2, Nutrition Score:3.5008696162182%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epicatechin: 8.89mg, Epicatechin: 8.89mg, Epicatechin: 8.89mg, Epicatechin: 8.89mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 132.08kcal (6.6%), Fat: 0.4g (0.61%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 31.82g (11.57%), Sugar: 28.05g (31.17%), Cholesterol: 0mg (0%), Sodium: 10.23mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 15.43mg (18.7%), Manganese: 0.29mg (14.46%), Potassium: 293.41mg (8.38%), Vitamin B1: 0.06mg (4.21%), Fiber: 0.99g (3.96%), Magnesium: 14.3mg (3.57%), Folate: 13.15µg (3.29%), Calcium: 29.57mg (2.96%), Vitamin B6: 0.06mg (2.9%), Vitamin K: 2.83µg (2.69%), Vitamin B2: 0.04mg (2.64%), Vitamin B5: 0.22mg (2.15%), Copper: 0.04mg (2.06%), Iron: 0.37mg (2.04%), Phosphorus: 20.3mg (2.03%), Vitamin B3: 0.29mg (1.48%)