



Applejack-Spiked Hot Cider



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 cups apple cider
- ☐ 10 peppercorns black
- ☐ 0.8 cup applejack brandy
- ☐ 2 tablespoons butter
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 tablespoon honey
- ☐ 2 strips lemon rind (2-inch)

- ☐ 2 strips orange rind (2-inch)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 allspice whole

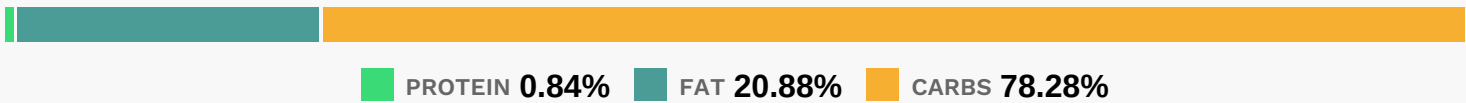
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat. Stir in sugar and next 4 ingredients (through cinnamon sticks); cook 1 minute.
- ☐ Add cider and next 4 ingredients (through lemon rind); bring to a simmer. Reduce heat to medium-low; simmer 15 minutes.
- ☐ Remove from heat; stir in applejack. Strain; discard solids.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:9.17, Inflammation Score:-2, Nutrition Score:2.2221738961728%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epicatechin: 8.34mg, Epicatechin: 8.34mg, Epicatechin: 8.34mg, Epicatechin: 8.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 181.69kcal (9.08%), Fat: 3.09g (4.76%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 26.1g (8.7%), Net Carbohydrates: 25.17g (9.15%), Sugar: 22.16g (24.62%), Cholesterol: 7.53mg (2.51%), Sodium: 30.99mg (1.35%), Alcohol: 7.6g (100%), Alcohol %: 4.58% (100%), Protein: 0.28g (0.56%), Manganese: 0.31mg (15.57%), Potassium: 193.19mg (5.52%), Fiber: 0.93g (3.72%), Calcium: 28.39mg (2.84%), Vitamin C: 2.34mg (2.84%), Vitamin B1: 0.04mg (2.64%), Magnesium: 10.24mg (2.56%), Vitamin B2: 0.03mg (2.03%), Iron: 0.35mg (1.95%), Vitamin A: 94.21IU (1.88%), Vitamin B6: 0.04mg (1.85%), Copper: 0.03mg (1.71%), Phosphorus: 15.32mg (1.53%), Vitamin B5: 0.1mg (1.03%)