



Apricot-Apple Cider Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



21

CALORIES



180 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon apple cider
- ☐ 11.5 ounce all-natural apricot nectar canned
- ☐ 4 sticks cinnamon (3-inch)
- ☐ 2 teaspoons ground allspice
- ☐ 1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.8 cup juice of lemon
- ☐ 2 cups orange juice

☐ 2 cups sugar

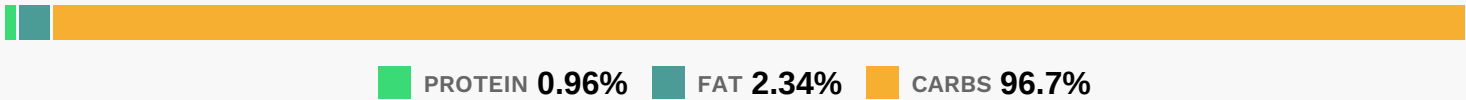
Equipment

☐ dutch oven

Directions

- ☐ Bring all ingredients to a boil in a Dutch oven; reduce heat, and simmer 10 minutes.
- ☐ Remove cinnamon sticks.
- ☐ Serve hot.
- ☐ Apple Cider Sipper: Omit nectar. Makes 19 cups.

Nutrition Facts



Properties

Glycemic Index:12.04, Glycemic Load:22.74, Inflammation Score:-3, Nutrition Score:3.8443477568419%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epicatechin: 8.49mg, Epicatechin: 8.49mg, Epicatechin: 8.49mg, Epicatechin: 8.49mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 4.08mg, Hesperetin: 4.08mg, Hesperetin: 4.08mg, Hesperetin: 4.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 180.15kcal (9.01%), Fat: 0.49g (0.75%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 45.27g (15.09%), Net Carbohydrates: 44.38g (16.14%), Sugar: 40.57g (45.08%), Cholesterol: 0mg (0%), Sodium: 9.45mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 21.52mg (26.08%), Manganese: 0.32mg (16.21%), Potassium: 255.06mg (7.29%), Vitamin A: 257.07IU (5.14%), Vitamin B1: 0.07mg (4.74%), Fiber: 0.89g (3.55%), Magnesium: 13.9mg (3.48%), Calcium: 28.07mg (2.81%), Vitamin B2: 0.05mg (2.68%), Vitamin B6: 0.05mg (2.68%), Folate: 9.15µg (2.29%), Iron: 0.38mg (2.1%), Copper: 0.04mg (2.09%), Phosphorus: 18.95mg (1.89%), Vitamin B5: 0.16mg (1.62%), Vitamin B3: 0.27mg (1.37%)