



Buttered Rum-Spiced Cider



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



329 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 cups apple cider
- ☐ 6 tablespoons brown sugar packed
- ☐ 6 tablespoons butter
- ☐ 3 cinnamon sticks
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.8 cup rum

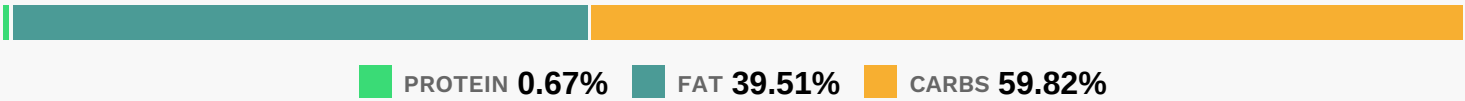
Equipment

- ☐ sauce pan

Directions

- ☐ Heat cider, cloves, nutmeg and cinnamon sticks to boiling in 3-quart saucepan over medium-high heat; reduce heat to low. Simmer uncovered 10 minutes. Strain cider mixture to remove cloves and cinnamon sticks if desired.
- ☐ For each serving, place 1 tablespoon butter, 1 tablespoon brown sugar and 2 tablespoons rum in mug. Fill with hot cider.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:10.72, Inflammation Score:-4, Nutrition Score:3.5508695905623%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 328.6kcal (16.43%), Fat: 11.71g (18.02%), Saturated Fat: 7.28g (45.47%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 38.48g (13.99%), Sugar: 34.41g (38.24%), Cholesterol: 30.1mg (10.03%), Sodium: 103.31mg (4.49%), Alcohol: 10.02g (100%), Alcohol %: 4.32% (100%), Protein: 0.44g (0.89%), Manganese: 0.5mg (24.79%), Potassium: 266.11mg (7.6%), Vitamin A: 357.47IU (7.15%), Fiber: 1.42g (5.67%), Calcium: 49.89mg (4.99%), Magnesium: 14.36mg (3.59%), Vitamin B1: 0.05mg (3.52%), Iron: 0.53mg (2.95%), Vitamin B2: 0.05mg (2.76%), Vitamin C: 2.19mg (2.66%), Vitamin E: 0.39mg (2.59%), Vitamin B6: 0.05mg (2.55%), Copper: 0.05mg (2.35%), Phosphorus: 22.86mg (2.29%), Vitamin B5: 0.15mg (1.53%), Vitamin K: 1.53µg (1.45%), Vitamin B3: 0.22mg (1.1%)