



Caramel Apple Cider



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



227 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup whipping cream
- ☐ 1 teaspoon vanilla
- ☐ 4 cups apple cider
- ☐ 1 serving whipping cream
- ☐ 1 serving mrs richardson's butterscotch caramel sauce
- ☐ 1 serving ground cinnamon

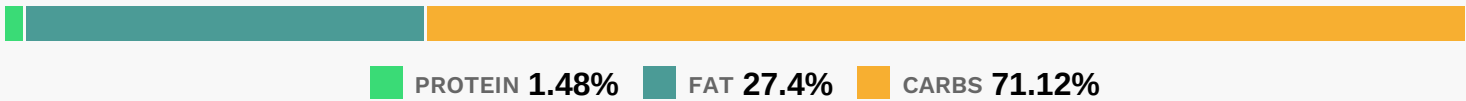
Equipment

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, stir together brown sugar and 1/3 cup whipping cream. Cook over medium heat 2 minutes, stirring constantly, until bubbly. Stir in vanilla and apple cider. Cook 10 minutes, stirring often, until thoroughly heated.
- ☐ Serve cider in mugs. Top with whipped cream, caramel topping and/or cinnamon.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:8.55, Inflammation Score:-2, Nutrition Score:2.7004347871179%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epicatechin: 8.89mg, Epicatechin: 8.89mg, Epicatechin: 8.89mg, Epicatechin: 8.89mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 227.3kcal (11.36%), Fat: 7.06g (10.86%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 41.24g (13.75%), Net Carbohydrates: 40.65g (14.78%), Sugar: 37.61g (41.79%), Cholesterol: 21.32mg (7.11%), Sodium: 44.14mg (1.92%), Alcohol: 0.28g (100%), Alcohol %: 0.15% (100%), Protein: 0.86g (1.71%), Manganese: 0.22mg (11.25%), Potassium: 236.31mg (6.75%), Vitamin A: 287.61IU (5.75%), Calcium: 47.75mg (4.77%), Vitamin B2: 0.07mg (4.03%), Magnesium: 12.82mg (3.2%), Vitamin B1: 0.04mg (2.91%), Phosphorus: 28.17mg (2.82%), Vitamin B6: 0.05mg (2.37%), Fiber: 0.59g (2.36%), Vitamin C: 1.87mg (2.26%), Iron: 0.38mg (2.13%), Vitamin D: 0.3µg (2.01%), Vitamin B5: 0.17mg (1.74%), Copper: 0.03mg (1.68%), Selenium: 1.05µg (1.5%), Vitamin E: 0.21mg (1.37%)