



Caramel Apple Cider



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



5

CALORIES



341 kcal

BEVERAGE

DRINK

Ingredients

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

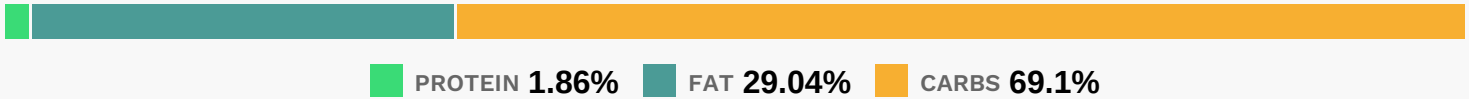
Equipment

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:8.57, Inflammation Score:-4, Nutrition Score:4.4891304581062%

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, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 341.17kcal (17.06%), Fat: 11.41g (17.56%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 61.11g (20.37%), Net Carbohydrates: 59.67g (21.7%), Sugar: 56.24g (62.48%), Cholesterol: 34.88mg (11.63%), Sodium: 156.66mg (6.81%), Alcohol: 0.28g (100%), Alcohol %: 0.13% (100%), Protein: 1.65g (3.29%), Manganese: 0.52mg (26.03%), Vitamin A: 497.53IU (9.95%), Calcium: 87.38mg (8.74%), Potassium: 275.72mg (7.88%), Fiber: 1.44g (5.76%), Vitamin B2: 0.09mg (5.39%), Phosphorus: 48.63mg (4.86%), Magnesium: 16.22mg (4.05%), Vitamin D: 0.49µg (3.29%), Vitamin B1: 0.05mg (3.09%), Iron: 0.53mg (2.94%), Vitamin B6: 0.05mg (2.71%), Selenium: 1.87µg (2.68%), Vitamin C: 2.16mg (2.62%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.37mg (2.46%), Copper: 0.04mg (2.02%), Vitamin B12: 0.12µg (2.02%), Vitamin K: 1.61µg (1.53%), Vitamin B3: 0.2mg (1.02%), Zinc: 0.15mg (1.02%)