



Cider and Spice Bag



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gal. apple cider
- ☐ 2 qt cranberry juice cocktail
- ☐ 12 servings spice bag

Equipment

- ☐ dutch oven

Directions

- ☐
- Combine apple cider, cranberry juice cocktail, and Spice Bag in a large Dutch oven. Bring to a boil; partially cover, reduce heat, and simmer 30 minutes. Discard Spice Bag before serving.
- ☐
- Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:12.78, Inflammation Score:-3, Nutrition Score:4.0852175056934%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 85.21kcal (4.26%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 21.3g (7.75%), Sugar: 18.78g (20.86%), Cholesterol: 0mg (0%), Sodium: 3.16mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin C: 66.72mg (80.87%), Manganese: 0.08mg (3.79%), Vitamin E: 0.35mg (2.31%), Vitamin K: 1.58µg (1.5%)