



Cider Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups apple cider
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons brown sugar light
- ☐ 0.3 cup butter light

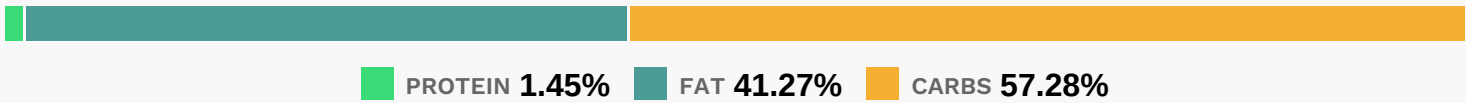
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a medium saucepan. Bring to a boil over medium heat, whisking constantly; boil, whisking constantly, 1 minute.
- ☐ Remove from heat, and add butter, whisking until melted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:2.68, Inflammation Score:-1, Nutrition Score:0.9486956499193%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 90.59kcal (4.53%), Fat: 4.24g (6.53%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 13.05g (4.75%), Sugar: 10.15g (11.28%), Cholesterol: 7.95mg (2.65%), Sodium: 6.55mg (0.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Manganese: 0.06mg (3.04%), Vitamin A: 128.41IU (2.57%), Vitamin C: 1.99mg (2.41%), Potassium: 75.31mg (2.15%), Calcium: 13.06mg (1.31%), Iron: 0.2mg (1.13%), Magnesium: 4.17mg (1.04%)