



## Cinnamon Orange Cider

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



129 kcal

BEVERAGE

DRINK

### Ingredients

- 4 cups apple cider
- 3 tablespoons sauce of the chicken from the turbo broiler
- 4.5 teaspoons honey
- 2 cups orange juice
- 1.5 teaspoons allspice whole

### Equipment

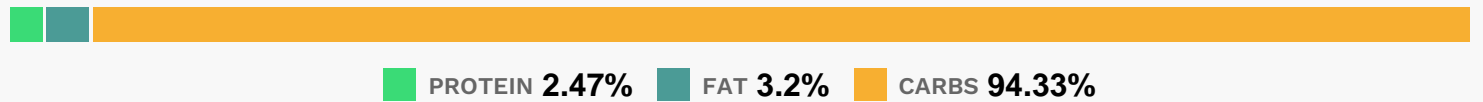
- frying pan
- sauce pan

- slow cooker
- cheesecloth

## Directions

- In a large saucepan, combine the cider, juice and candies.
- Place the allspice on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag.
- Add to pan. Bring to a boil. Reduce heat; cover and simmer for 5 minutes or until flavors are blended.
- Discard spice bag; stir in honey.
- Transfer to a 3-qt. slow cooker; keep warm over low heat.

## Nutrition Facts



## Properties

Glycemic Index:26.67, Glycemic Load:13.85, Inflammation Score:-4, Nutrition Score:5.1986956797216%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 128.77kcal (6.44%), Fat: 0.48g (0.73%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 30.83g (11.21%), Sugar: 26.39g (29.32%), Cholesterol: 0mg (0%), Sodium: 238.23mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin C: 43.26mg (52.43%), Potassium: 339.83mg (9.71%), Manganese: 0.17mg (8.42%), Vitamin B1: 0.11mg (7.25%), Folate: 25.35µg (6.34%), Magnesium: 18.73mg (4.68%), Vitamin A: 173.56IU (3.47%), Vitamin B6: 0.07mg (3.26%), Copper: 0.06mg (3.2%), Vitamin B2: 0.05mg (3.2%), Fiber: 0.76g (3.03%), Calcium: 30.14mg (3.01%), Phosphorus: 26.67mg (2.67%), Iron: 0.46mg (2.57%), Vitamin B3: 0.49mg (2.44%), Vitamin B5: 0.24mg (2.38%)