



Clementine Mulled Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

BEVERAGE

DRINK

Ingredients



1 quart apple cider



1 cinnamon sticks



2 lime zest cut into strips



8 ounces rum

Equipment

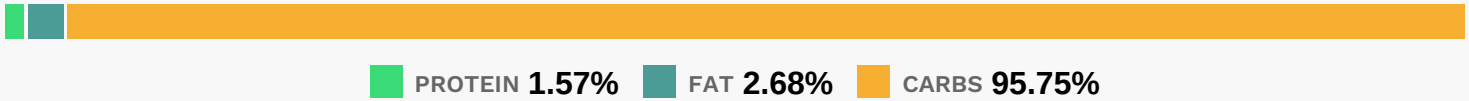


sauce pan

Directions

- ☐ Bring cider, peels, cinnamon stick and cloves to a boil in a large saucepan. Reduce heat; simmer 5 minutes. Keep warm until serving time. Strain into mugs; add rum, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:11.59, Glycemic Load:5.77, Inflammation Score:-2, Nutrition Score:1.7491304427385%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 126.01kcal (6.3%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 14.54g (5.29%), Sugar: 11.67g (12.97%), Cholesterol: 0mg (0%), Sodium: 5.39mg (0.23%), Alcohol: 9.47g (100%), Alcohol %: 7.33% (100%), Protein: 0.25g (0.51%), Manganese: 0.17mg (8.52%), Vitamin C: 5.96mg (7.22%), Potassium: 139.01mg (3.97%), Fiber: 0.94g (3.75%), Vitamin B1: 0.03mg (2.11%), Calcium: 19.37mg (1.94%), Magnesium: 7.18mg (1.8%), Copper: 0.03mg (1.63%), Iron: 0.29mg (1.61%), Vitamin B6: 0.03mg (1.47%), Vitamin B2: 0.02mg (1.46%), Phosphorus: 12.71mg (1.27%)