



Cranberry-Orange Mulled Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



10

CALORIES



110 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 cups apple cider
- ☐ 1 stick cinnamon 3-inch
- ☐ 3 cups cranberry juice cocktail
- ☐ 1 inch ginger fresh peeled thinly sliced
- ☐ 1 tablespoon brown sugar light
- ☐ 1 large cranberry-orange relish peeled sliced

Equipment

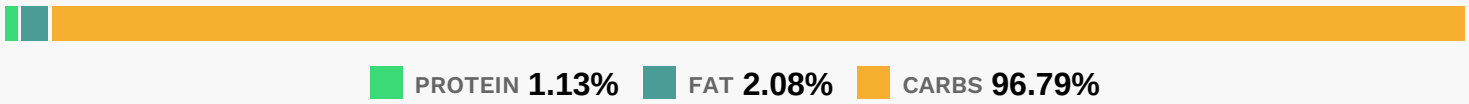
- ☐ bowl

- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Strain cider through a sieve into a bowl; discard solids.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:12.24, Inflammation Score:-3, Nutrition Score:4.0582609111848%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg Hesperetin: 5.01mg, Hesperetin: 5.01mg, Hesperetin: 5.01mg, Hesperetin: 5.01mg Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 109.9kcal (5.49%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 26.46g (9.62%), Sugar: 23.29g (25.88%), Cholesterol: 0mg (0%), Sodium: 6.7mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 43mg (52.13%), Manganese: 0.19mg (9.59%), Potassium: 169.12mg (4.83%), Fiber: 0.88g (3.51%), Vitamin B1: 0.04mg (2.74%), Calcium: 23.69mg (2.37%), Magnesium: 9.12mg (2.28%), Vitamin B6: 0.03mg (1.72%), Copper: 0.03mg (1.67%), Vitamin B2: 0.03mg (1.64%), Iron: 0.28mg (1.54%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.15mg (1.48%), Folate: 5.63µg (1.41%), Phosphorus: 12.1mg (1.21%)