



Creamy Apple Cider Float

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



12

CALORIES



176 kcal

Ingredients

- 1 quart apple cider
- 2 tablespoons mulling spices to taste
- 12 scoops whipped cream

Equipment

- sauce pan

Directions

Heat apple cider and mulling spices in a saucepan over low heat. Bring to a simmer and steep until flavors blend, about 15 minutes. Divide cider between 12 mugs and add a scoop of ice cream to each mug.

Nutrition Facts

PROTEIN 5.5% **FAT 37.88%** **CARBS 56.62%**

Properties

Glycemic Index:8.48, Glycemic Load:12.79, Inflammation Score:-2, Nutrition Score:3.7386956461098%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 176.32kcal (8.82%), Fat: 7.49g (11.52%), Saturated Fat: 4.56g (28.53%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 24.41g (8.88%), Sugar: 21.66g (24.06%), Cholesterol: 29.04mg (9.68%), Sodium: 56.47mg (2.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Manganese: 0.22mg (11.1%), Vitamin B2: 0.17mg (10.19%), Calcium: 97.61mg (9.76%), Phosphorus: 76mg (7.6%), Potassium: 217.62mg (6.22%), Vitamin A: 281.26IU (5.63%), Vitamin B12: 0.26µg (4.29%), Vitamin B5: 0.42mg (4.22%), Magnesium: 14.54mg (3.64%), Zinc: 0.49mg (3.3%), Fiber: 0.77g (3.07%), Vitamin B1: 0.04mg (3%), Vitamin B6: 0.05mg (2.49%), Iron: 0.35mg (1.95%), Selenium: 1.36µg (1.94%), Vitamin C: 1.34mg (1.62%), Vitamin E: 0.23mg (1.5%), Copper: 0.03mg (1.47%)