



## Harvest Coffee Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



81 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup apple juice
- 0.3 cup brown sugar packed
- 0.3 tsp ground cinnamon
- 0.3 cup ground maxwell house coffee
- 3 cups water cold

### Equipment

- pot

## Directions

- Place coffee in filter in brew basket of coffee maker; sprinkle with cinnamon.
- Place sugar and apple juice in empty pot of coffee maker.
- Add water to coffee maker; brew. When brewing is complete, stir until well blended.

## Nutrition Facts

**PROTEIN 0.41%** **FAT 0.89%** **CARBS 98.7%**

## Properties

Glycemic Index:11.44, Glycemic Load:2.81, Inflammation Score:-1, Nutrition Score:0.84565217436656%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg 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: 81.17kcal (4.06%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 20.42g (7.42%), Sugar: 19.31g (21.45%), Cholesterol: 0mg (0%), Sodium: 15.22mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.04mg (2.68%), Protein: 0.09g (0.17%), Manganese: 0.08mg (4.15%), Potassium: 81.61mg (2.33%), Calcium: 23.32mg (2.33%), Copper: 0.04mg (2.14%), Magnesium: 6.21mg (1.55%), Iron: 0.19mg (1.03%)