



Hot and Tangy Apple Cider

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

65 min.

SERVINGS

servings

14

CALORIES

calories

222 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon apple cider
- ☐ 6 cinnamon sticks
- ☐ 1 quart grapefruit juice
- ☐ 0.5 gallon orange juice
- ☐ 8 cloves or whole to taste

Equipment

- ☐ slow cooker

Directions

- ☐ Place the cloves into a tea ball, and place into a slow cooker.
- ☐ Pour the apple cider, orange juice, and grapefruit juice into the slow cooker, and drop in the cinnamon sticks. Stir once or twice. Set the cooker to High, cover, and cook until the mixture is hot; then keep warm on Low setting.
- ☐ Serve in mugs.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:22.99, Inflammation Score:-6, Nutrition Score:10.957826052023%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epicatechin: 12.74mg, Epicatechin: 12.74mg, Epicatechin: 12.74mg, Epicatechin: 12.74mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 16.16mg, Hesperetin: 16.16mg, Hesperetin: 16.16mg, Hesperetin: 16.16mg Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg, Naringenin: 2.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 221.58kcal (11.08%), Fat: 0.78g (1.2%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 51.83g (18.85%), Sugar: 44.85g (49.83%), Cholesterol: 0mg (0%), Sodium: 15.25mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.43%), Vitamin C: 88.27mg (107%), Manganese: 0.82mg (41.23%), Potassium: 665.28mg (19.01%), Vitamin B1: 0.18mg (11.98%), Folate: 42.14µg (10.54%), Magnesium: 37.53mg (9.38%), Fiber: 1.87g (7.48%), Calcium: 60.55mg (6.06%), Iron: 1.06mg (5.88%), Vitamin A: 283.16IU (5.66%), Vitamin B6: 0.11mg (5.37%), Vitamin B2: 0.09mg (5.2%), Phosphorus: 50.9mg (5.09%), Copper: 0.1mg (4.96%), Vitamin B3: 0.97mg (4.85%), Vitamin B5: 0.47mg (4.65%), Zinc: 0.23mg (1.53%), Vitamin K: 1.41µg (1.35%), Vitamin E: 0.17mg (1.11%)