

Hot Apple Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



150 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 cups apple cider
- ☐ 2 cinnamon sticks
- ☐ 1 lemon zest cut into strips
- ☐ 0.3 cup real maple syrup
- ☐ 1 orange peel cut into strips
- ☐ 6 allspice whole

Equipment

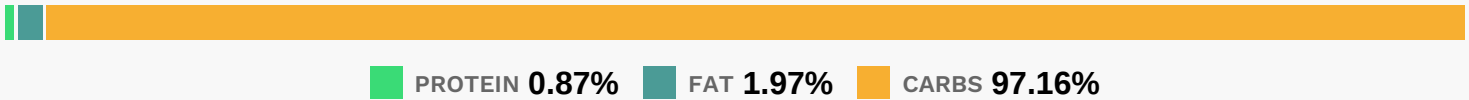
- ☐ sauce pan

- ☐ ladle
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Pour the apple cider and maple syrup into a large stainless steel saucepan.
- ☐ Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.
- ☐ Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling.
- ☐ Remove the cider from the heat. Discard the spice bundle. Ladle the cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:14, Inflammation Score:-1, Nutrition Score:4.1395652002614%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 150.34kcal (7.52%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 35.95g (13.07%), Sugar: 30.81g (34.23%), Cholesterol: 0mg (0%), Sodium: 10.96mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Manganese: 0.69mg (34.5%), Vitamin B2: 0.21mg (12.57%), Potassium: 280.46mg (8.01%), Vitamin C: 6.22mg (7.54%), Fiber: 1.43g (5.72%), Calcium: 50.42mg (5.04%), Vitamin B1: 0.06mg (4.12%), Magnesium: 16.04mg (4.01%), Vitamin B6: 0.05mg (2.49%), Iron: 0.43mg (2.37%), Phosphorus: 17.92mg (1.79%), Copper: 0.04mg (1.78%), Vitamin B5: 0.13mg (1.33%), Zinc: 0.17mg (1.14%), Vitamin B3: 0.22mg (1.12%)