



Hot Apple Pie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

Ingredients



1 quart apple cider



0.7 cup vanilla-and-orange brandy flavored



4 sticks cinnamon (3-inch)

Equipment



sauce pan

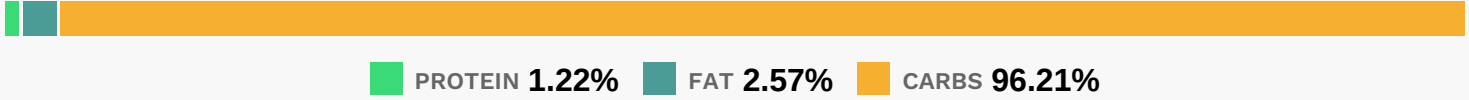
Directions



Heat cider in a medium saucepan over medium heat 5 to 6 minutes. Stir in brandy.

- ☐
- Place cinnamon sticks in 4 mugs.
- ☐
- Pour cider mixture into mugs, and top each serving with sweetened whipped cream, if desired.
- ☐
- Note: For testing purposes only, we used Tuaca for vanilla-and-orange flavored brandy.

Nutrition Facts



Properties

Glycemic Index:15.19, Glycemic Load:10.75, Inflammation Score:-2, Nutrition Score:3.9100000231486%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 209.88kcal (10.49%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 27.22g (9.9%), Sugar: 22.84g (25.37%), Cholesterol: 0mg (0%), Sodium: 10.21mg (0.44%), Alcohol: 13.36g (100%), Alcohol %: 6.05% (100%), Protein: 0.38g (0.75%), Manganese: 0.79mg (39.68%), Fiber: 2.33g (9.33%), Potassium: 254.84mg (7.28%), Calcium: 54mg (5.4%), Vitamin B1: 0.05mg (3.52%), Magnesium: 13.93mg (3.48%), Iron: 0.59mg (3.28%), Vitamin C: 2.26mg (2.74%), Vitamin B2: 0.04mg (2.54%), Vitamin B6: 0.05mg (2.43%), Copper: 0.05mg (2.43%), Phosphorus: 20.4mg (2.04%), Vitamin B5: 0.13mg (1.28%), Vitamin B3: 0.22mg (1.12%), Vitamin K: 1.09µg (1.04%)