

Hot Buttered Apple Cider

 Vegetarian  Gluten Free

READY IN

ready

21 min.

SERVINGS

servings

8

CALORIES

calories

183 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 ounce apple cider
- ☐ 0.5 cup butter softened
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup maple syrup pure

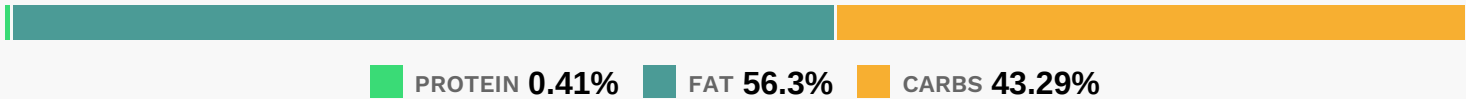
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In slow cooker over low heat, cook apple cider with maple syrup for 20 minutes or until steaming hot.
- ☐ In a small bowl, combine butter, nutmeg and allspice.
- ☐ Mix well.
- ☐ Pour cider into mugs and top with a teaspoon of spice butter.

Nutrition Facts



Properties

Glycemic Index:26.53, Glycemic Load:7.55, Inflammation Score:-2, Nutrition Score:2.9613043788982%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 183.13kcal (9.16%), Fat: 11.64g (17.9%), Saturated Fat: 7.34g (45.88%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 19.96g (7.26%), Sugar: 17.56g (19.51%), Cholesterol: 30.5mg (10.17%), Sodium: 95.42mg (4.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Manganese: 0.51mg (25.61%), Vitamin B2: 0.27mg (15.89%), Vitamin A: 355.92IU (7.12%), Calcium: 30.93mg (3.09%), Potassium: 107.69mg (3.08%), Vitamin E: 0.33mg (2.23%), Magnesium: 7.74mg (1.94%), Vitamin B1: 0.03mg (1.76%), Zinc: 0.17mg (1.13%)