



Hot Carmel Apple Juice

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



185 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups apple juice
- 3 tablespoons caramel syrup (such as Hershey's®)
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.3 teaspoon vanilla extract

Equipment

- sauce pan
- whisk

Directions

- Whisk apple juice, caramel syrup, cinnamon, and nutmeg together in a saucepan over medium-high heat. Cook and whisk briskly until mixture is hot but not boiling, about 3 minutes.
- Add vanilla; cook and stir for 1 more minute.
- Pour into mugs and top with whipped cream.

Nutrition Facts

 PROTEIN **1.42%**  FAT **2.42%**  CARBS **96.16%**

Properties

Glycemic Index:57.88, Glycemic Load:11.33, Inflammation Score:-1, Nutrition Score:2.8591304512128%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 185.41kcal (9.27%), Fat: 0.52g (0.79%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 45.11g (16.4%), Sugar: 41.19g (45.76%), Cholesterol: 0mg (0%), Sodium: 112.44mg (4.89%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 0.68g (1.36%), Manganese: 0.39mg (19.44%), Potassium: 277.08mg (7.92%), Calcium: 45.53mg (4.55%), Fiber: 1.13g (4.52%), Magnesium: 15.48mg (3.87%), Vitamin B1: 0.05mg (3.61%), Phosphorus: 30.8mg (3.08%), Vitamin C: 2.43mg (2.95%), Vitamin B2: 0.04mg (2.55%), Vitamin B6: 0.05mg (2.36%), Iron: 0.4mg (2.2%), Copper: 0.04mg (1.93%), Vitamin B5: 0.17mg (1.73%), Vitamin B3: 0.2mg (1.01%)