



Hot Cider Punch

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

- 64 ounce apple cider
- 1 stick cinnamon (2 1/2-inch)
- 0.3 cup honey
- 1 optional: lemon sliced
- 0.8 cup juice of lemon fresh
- 2 cups orange juice
- 10 allspice whole

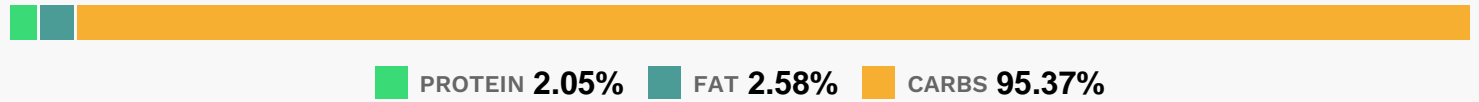
Equipment

- sieve
- dutch oven

Directions

- Bring apple cider and next 6 ingredients to a boil in a Dutch oven; reduce heat, and simmer 1 hour.
- Pour mixture through a wire-mesh strainer into a container; discard spices.
- Add lemon slices to punch just before serving.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.82, Glycemic Load:18.34, Inflammation Score:-4, Nutrition Score:6.1495651369509%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 10.68mg, Epicatechin: 10.68mg, Epicatechin: 10.68mg, Epicatechin: 10.68mg Eriodictyol: 4.11mg, Eriodictyol: 4.11mg, Eriodictyol: 4.11mg, Eriodictyol: 4.11mg Hesperetin: 14.49mg, Hesperetin: 14.49mg, Hesperetin: 14.49mg, Hesperetin: 14.49mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 174.79kcal (8.74%), Fat: 0.53g (0.82%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 42.78g (15.56%), Sugar: 36.65g (40.72%), Cholesterol: 0mg (0%), Sodium: 10.75mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin C: 49.17mg (59.6%), Manganese: 0.27mg (13.59%), Potassium: 403.95mg (11.54%), Vitamin B1: 0.11mg (7.64%), Folate: 24.94µg (6.24%), Magnesium: 21.26mg (5.31%), Fiber: 1.3g (5.22%), Vitamin B6: 0.09mg (4.52%), Vitamin B2: 0.07mg (3.97%), Calcium: 35.69mg (3.57%), Copper: 0.07mg (3.46%), Iron: 0.59mg (3.25%), Phosphorus: 31.25mg (3.13%), Vitamin B5: 0.29mg (2.93%), Vitamin A: 132.58IU (2.65%), Vitamin B3: 0.47mg (2.35%)