



Hot Cranberry-Apple Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 quarts apple cider
- ☐ 1.5 quarts 1/4 cup dried cranberry (juice sweetened if possible) (not cocktail, no sugar added)
- ☐ 0.3 cup brown sugar packed
- ☐ 4 sticks cinnamon
- ☐ 1 serving cinnamon schnapps
- ☐ 1 cranberry-orange relish thinly sliced

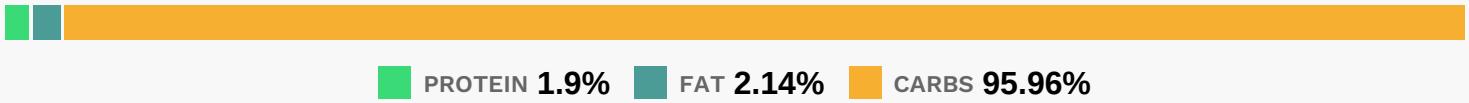
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, mix all ingredients.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 15 minutes. Strain.
- ☐ Pour into stemmed mugs and add a shot of spiced rum or cinnamon schnapps if desired.
- ☐ Garnish with fresh orange slices.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:12.02, Glycemic Load:15.6, Inflammation Score:-2, Nutrition Score:4.6152173902677%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 152.7kcal (7.64%), Fat: 0.39g (0.59%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 37.7g (13.71%), Sugar: 35.01g (38.9%), Cholesterol: 0mg (0%), Sodium: 10.07mg (0.44%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 0.77g (1.55%), Vitamin C: 18.27mg (22.15%), Manganese: 0.33mg (16.31%), Vitamin E: 1.48mg (9.88%), Potassium: 281.27mg (8.04%), Vitamin K: 6.4µg (6.09%), Fiber: 1.32g (5.26%), Vitamin B6: 0.1mg (5.01%), Copper: 0.09mg (4.75%), Magnesium: 17.19mg (4.3%), Calcium: 41.94mg (4.19%), Vitamin B1: 0.05mg (3.57%), Iron: 0.63mg (3.48%), Vitamin B2: 0.05mg (3.11%), Phosphorus: 28.88mg (2.89%), Vitamin A: 82.81IU (1.66%), Vitamin B3: 0.27mg (1.37%), Zinc: 0.18mg (1.2%), Vitamin B5: 0.11mg (1.15%), Folate: 4.57µg (1.14%)