



Hot Mulled Bourbon Apple Cider

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 cups apple cider
- ☐ 0.8 cup bourbon
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 2 cups pulp-free orange juice
- ☐ 2 tablespoons cinnamon candies red

Equipment

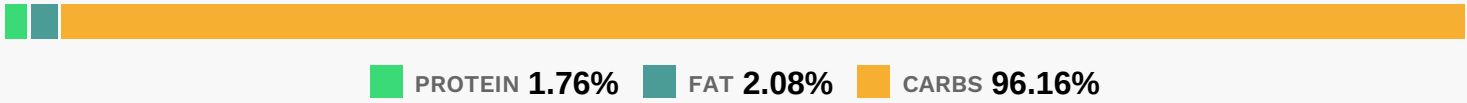
- ☐ sauce pan

☐ sieve

Directions

- ☐ Bring apple cider, orange juice, brown sugar, candies, cinnamon sticks, and cloves to a boil in a saucepan over medium heat, stirring occasionally. Boil, stirring occasionally, 10 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a heatproof pitcher, discarding solids. Stir in bourbon.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:4.51, Glycemic Load:3.19, Inflammation Score:-1, Nutrition Score:1.4434782529007%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 60.5kcal (3.02%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.61g (3.86%), Sugar: 9.32g (10.36%), Cholesterol: 0mg (0%), Sodium: 2.8mg (0.12%), Alcohol: 2.4g (100%), Alcohol %: 3.91% (100%), Protein: 0.2g (0.4%), Vitamin C: 10.36mg (12.55%), Manganese: 0.09mg (4.47%), Potassium: 91.63mg (2.62%), Vitamin B1: 0.03mg (1.88%), Folate: 5.99µg (1.5%), Magnesium: 4.91mg (1.23%), Fiber: 0.28g (1.13%), Calcium: 10.59mg (1.06%)