

Hot Mulled Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups apple cider
- 10 peppercorns black
- 5 cardamom pods whole white crushed
- 3 cinnamon sticks
- 0.5 inch ginger fresh peeled thinly sliced
- 3 slices optional: lemon thick (1/4-inch)
- 0.3 cup orange juice fresh
- 4 star anise

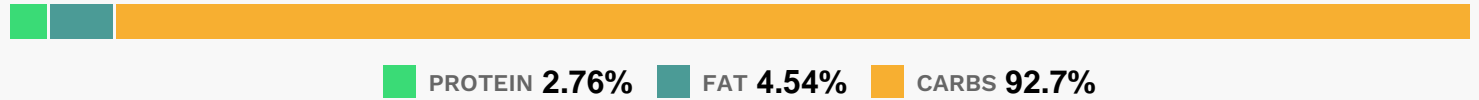
Equipment

- bowl
- sauce pan
- sieve

Directions

- Combine all ingredients in a medium saucepan over medium heat; bring to a simmer. Cook for 30 minutes. Strain cider mixture through a fine sieve over a bowl, and discard solids.
- Serve cider hot.

Nutrition Facts



Properties

Glycemic Index:45.06, Glycemic Load:11.74, Inflammation Score:-2, Nutrition Score:6.8034783705421%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 136.01kcal (6.8%), Fat: 0.73g (1.12%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 30.44g (11.07%), Sugar: 24.21g (26.9%), Cholesterol: 0mg (0%), Sodium: 10.74mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Manganese: 1.39mg (69.69%), Vitamin C: 13.53mg (16.41%), Fiber: 2.97g (11.88%), Potassium: 337.26mg (9.64%), Iron: 1.31mg (7.29%), Calcium: 65.54mg (6.55%), Magnesium: 23.73mg (5.93%), Vitamin B1: 0.08mg (5%), Vitamin B6: 0.07mg (3.57%), Copper: 0.07mg (3.5%), Vitamin B2: 0.06mg (3.24%), Phosphorus: 31.22mg (3.12%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.18mg (1.78%), Vitamin B3: 0.34mg (1.71%), Folate: 5.62µg (1.41%), Vitamin K: 1.24µg (1.19%)