



## Hot Mulled Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



116 kcal

BEVERAGE

DRINK

### Ingredients

- 2 qts apple cider
- 0.3 cup brown sugar packed
- 2 sticks cinnamon (4-inch)
- 1 cranberry-orange relish quartered
- 0.3 teaspoon pumpkin pie spice



### Equipment

- slow cooker

## Directions

- Combine all ingredients in a 3-quart slow cooker; cover and cook on low setting 2 to 4 hours.
- Remove orange sections and spices before serving.
- Variation: For a different twist, combine one quart apple cider with one quart apricot nectar and add some slices of fresh ginger root to the mix.

## Nutrition Facts

 PROTEIN 1.17%  FAT 2.08%  CARBS 96.75%

## Properties

Glycemic Index:8.82, Glycemic Load:9.09, Inflammation Score:-2, Nutrition Score:2.6065217839635%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epicatechin: 8.91mg, Epicatechin: 8.91mg, Epicatechin: 8.91mg, Epicatechin: 8.91mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 116.02kcal (5.8%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 27.86g (10.13%), Sugar: 24.79g (27.54%), Cholesterol: 0mg (0%), Sodium: 9.21mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Manganese: 0.28mg (13.85%), Vitamin C: 8.71mg (10.56%), Potassium: 225.54mg (6.44%), Fiber: 1.07g (4.29%), Vitamin B1: 0.05mg (3.42%), Calcium: 32.3mg (3.23%), Magnesium: 11.76mg (2.94%), Vitamin B6: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.22%), Iron: 0.35mg (1.93%), Copper: 0.03mg (1.69%), Phosphorus: 15.81mg (1.58%), Vitamin B5: 0.14mg (1.35%), Folate: 4.04µg (1.01%)