



Hot Mulled Cranberry-Apple Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3.5 cups apple cider
- ☐ 2 sticks cinnamon 3-inch
- ☐ 2.5 cups cranberry juice cocktail
- ☐ 0.3 inch ginger fresh peeled thinly sliced
- ☐ 1 optional: lemon
- ☐ 1 cranberry-orange relish
- ☐ 1 teaspoon allspice whole

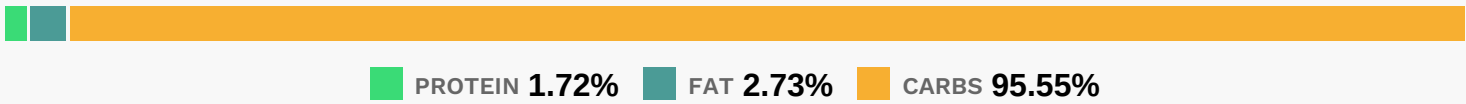
Equipment

- ☐ bowl
- ☐ sieve
- ☐ dutch oven
- ☐ peeler

Directions

- ☐ Carefully remove the rind from lemon and orange using a vegetable peeler, making sure to avoid the white pith just beneath the rind.
- ☐ Cut citrus rind into 1- x 1/4-inch-thick strips.
- ☐ Combine the rind strips, cider, and remaining ingredients in a Dutch oven. Bring the mixture to a simmer over medium heat, and cook until reduced to 4 cups (about 30 minutes). Strain the mixture through a sieve over a bowl, discarding solids.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:12.02, Inflammation Score:-3, Nutrition Score:4.9834783051325%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 105.76kcal (5.29%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 25.14g (9.14%), Sugar: 21.23g (23.59%), Cholesterol: 0mg (0%), Sodium: 6.57mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin C: 50.52mg (61.24%), Manganese: 0.29mg (14.7%), Fiber: 1.58g (6.32%), Potassium: 174.73mg (4.99%), Calcium: 33.57mg (3.36%), Vitamin B1: 0.04mg (2.81%),

Magnesium: 10.12mg (2.53%), Iron: 0.42mg (2.32%), Vitamin B6: 0.04mg (2.11%), Copper: 0.04mg (1.98%), Vitamin E: 0.25mg (1.7%), Folate: 6.7µg (1.67%), Vitamin B5: 0.16mg (1.62%), Vitamin B2: 0.03mg (1.62%), Phosphorus: 13.8mg (1.38%), Vitamin A: 53.08IU (1.06%), Vitamin K: 1.06µg (1.01%)