



## Hot Mulled Sherryed Apple Cider

 Vegetarian  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



22

CALORIES



104 kcal

BEVERAGE

DRINK

### Ingredients

- 1 gallon apple juice
- 4 sticks cinnamon (3-inch)
- 0.3 cup honey
- 1 medium cranberry-orange relish sliced into thin rounds
- 8 ounces cooking sherry

### Equipment

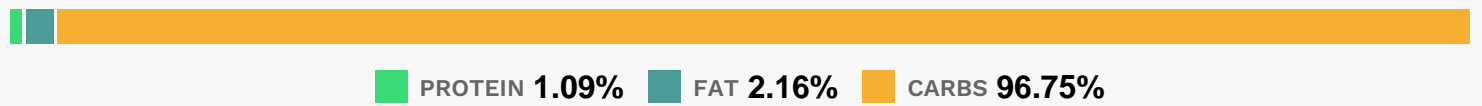
- pot
- cheesecloth

kitchen twine

## Directions

- Place the cinnamon and cloves in a piece of cheesecloth, tie the bundle tightly with butcher's twine, and place it in a large pot.
- Add the cider or juice, orange slices, and honey and stir to combine. Bring to a boil over medium-high heat. Reduce the heat to low and simmer until the flavors have blended, about 1 hour.
- Remove the spice bundle and discard. Stir in the sherry and serve.

## Nutrition Facts



## Properties

Glycemic Index:7.07, Glycemic Load:9.73, Inflammation Score:-1, Nutrition Score:2.09478260188%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epicatechin: 8.16mg, Epicatechin: 8.16mg, Epicatechin: 8.16mg, Epicatechin: 8.16mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 103.68kcal (5.18%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 23.27g (8.46%), Sugar: 20.38g (22.65%), Cholesterol: 0mg (0%), Sodium: 7.62mg (0.33%), Alcohol: 1.06g (100%), Alcohol %: 0.7% (100%), Protein: 0.27g (0.54%), Manganese: 0.26mg (12.76%), Vitamin C: 4.76mg (5.77%), Potassium: 196.63mg (5.62%), Fiber: 0.83g (3.33%), Vitamin B1: 0.04mg (2.8%), Magnesium: 10.69mg (2.67%), Calcium: 23.68mg (2.37%), Vitamin B6: 0.04mg (2.08%), Vitamin B2: 0.03mg (2.05%), Iron: 0.31mg (1.72%), Phosphorus: 15.3mg (1.53%), Copper: 0.03mg (1.36%), Vitamin B5: 0.11mg (1.09%)