

Hot Spiced Cider



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



297 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 quarts apple cider
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cinnamon sticks
- ☐ 1 pinch ground nutmeg
- ☐ 1 large cranberry-orange relish with peel quartered
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon allspice whole

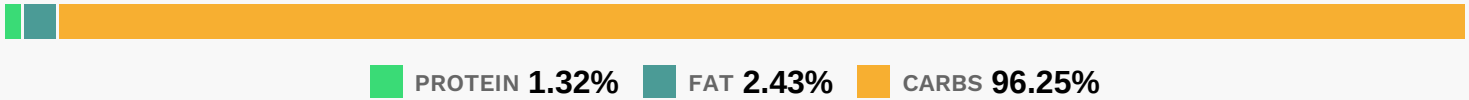
Equipment

pot

Directions

- Place filter in coffee basket, and fill with brown sugar, allspice, cloves, cinnamon stick, salt, nutmeg, and orange wedges.
- Pour apple cider into coffee pot where the water usually goes. Brew, and serve hot.

Nutrition Facts



Properties

Glycemic Index:43.31, Glycemic Load:23.35, Inflammation Score:-4, Nutrition Score:6.8204347465349%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg Epicatechin: 22.29mg, Epicatechin: 22.29mg, Epicatechin: 22.29mg, Epicatechin: 22.29mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 296.63kcal (14.83%), Fat: 0.83g (1.27%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 73.66g (24.55%), Net Carbohydrates: 70.96g (25.8%), Sugar: 63.25g (70.28%), Cholesterol: 0mg (0%), Sodium: 168.72mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin C: 29.01mg (35.17%), Manganese: 0.55mg (27.45%), Potassium: 590.56mg (16.87%), Fiber: 2.7g (10.8%), Vitamin B1: 0.14mg (9.4%), Calcium: 81.06mg (8.11%), Magnesium: 31.31mg (7.83%), Vitamin B6: 0.12mg (6.07%), Vitamin B2: 0.1mg (5.87%), Iron: 0.84mg (4.65%), Copper: 0.09mg (4.65%), Phosphorus: 41.9mg (4.19%), Vitamin B5: 0.37mg (3.68%), Folate: 14.4µg (3.6%), Vitamin B3: 0.52mg (2.61%), Vitamin A: 114.39IU (2.29%), Selenium: 0.92µg (1.31%), Zinc: 0.16mg (1.06%)