

Hot Spiced Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients



6 cups apple cider



0.3 teaspoon nutmeg



3 cinnamon sticks

Equipment

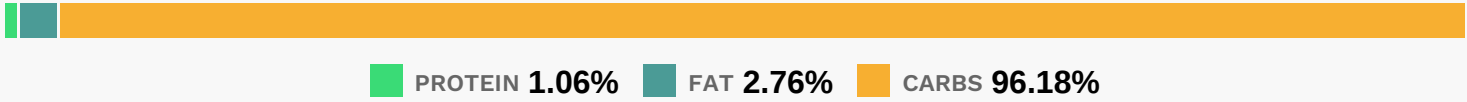


sauce pan

Directions

- ☐
- In 3-quart saucepan, heat ingredients to boiling over medium-high heat. Reduce heat; simmer uncovered 10 minutes.
- ☐
- Before serving, strain cider mixture to remove cloves and cinnamon, if desired.
- ☐
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:10.72, Inflammation Score:-1, Nutrition Score:2.8117391275971%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 113.32kcal (5.67%), Fat: 0.36g (0.55%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 26.7g (9.71%), Sugar: 22.76g (25.29%), Cholesterol: 0mg (0%), Sodium: 9.63mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Manganese: 0.48mg (24.14%), Potassium: 246.19mg (7.03%), Fiber: 1.42g (5.67%), Calcium: 36.57mg (3.66%), Vitamin B1: 0.05mg (3.35%), Magnesium: 13mg (3.25%), Vitamin C: 2.19mg (2.66%), Vitamin B2: 0.04mg (2.4%), Iron: 0.43mg (2.4%), Vitamin B6: 0.05mg (2.27%), Phosphorus: 17.82mg (1.78%), Copper: 0.04mg (1.76%), Vitamin B5: 0.12mg (1.22%)