



Hot Spiced Cider with Orange

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

274 kcal

BEVERAGE

DRINK

Ingredients

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

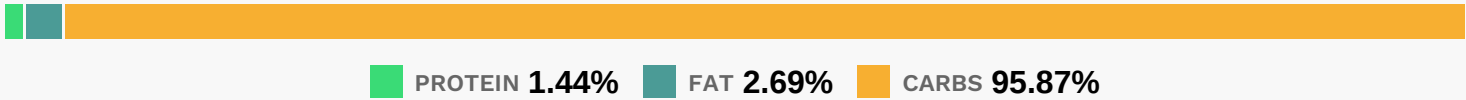
Equipment

pot

Directions

- Place filter in coffee basket, and fill with SPLENDA® Brown Sugar Blend, 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:6.6395651413047%

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: 274.38kcal (13.72%), Fat: 0.83g (1.27%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 66.17g (22.06%), Net Carbohydrates: 63.47g (23.08%), Sugar: 55.91g (62.12%), Cholesterol: 0mg (0%), Sodium: 164.87mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Vitamin C: 29.01mg (35.17%), Manganese: 0.54mg (27.01%), Potassium: 572.28mg (16.35%), Fiber: 2.7g (10.8%), Vitamin B1: 0.14mg (9.4%), Magnesium: 30.08mg (7.52%), Calcium: 69.64mg (6.96%), Vitamin B2: 0.1mg (5.87%), Vitamin B6: 0.12mg (5.79%), Copper: 0.09mg (4.33%), Phosphorus: 41.35mg (4.14%), Iron: 0.74mg (4.11%), Folate: 14.26µg (3.57%), Vitamin B5: 0.35mg (3.5%), Vitamin B3: 0.51mg (2.54%), Vitamin A: 114.39IU (2.29%), Selenium: 0.75µg (1.07%), Zinc: 0.15mg (1.03%)