



Hot Spiced Cranberry Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



25

CALORIES



74 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 quarts apple cider
- ☐ 0.3 cup brown sugar packed
- ☐ 4 cinnamon sticks
- ☐ 6 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 optional: lemon thinly sliced

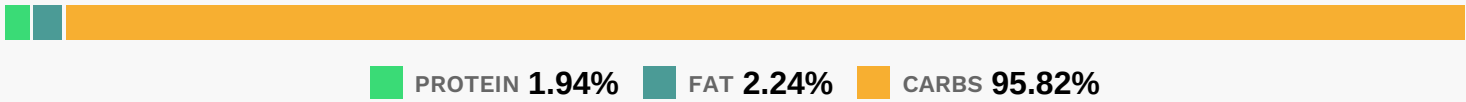
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large pot, combine apple cider, cranberry juice, brown sugar, cinnamon sticks, cloves and lemon slices. Bring to a boil, reduce heat, and simmer for 15 to 20 minutes. With a slotted spoon, remove cinnamon, cloves, and lemon slices.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:7.62, Inflammation Score:-1, Nutrition Score:2.2126086872557%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 73.75kcal (3.69%), Fat: 0.2g (0.3%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 18.98g (6.32%), Net Carbohydrates: 18.34g (6.67%), Sugar: 16.88g (18.76%), Cholesterol: 0mg (0%), Sodium: 5mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin C: 8.64mg (10.47%), Manganese: 0.16mg (7.83%), Vitamin E: 0.76mg (5.04%), Potassium: 134.52mg (3.84%), Vitamin K: 3.27µg (3.12%), Vitamin B6: 0.05mg (2.52%), Fiber: 0.63g (2.52%), Copper: 0.05mg (2.35%), Magnesium: 8.31mg (2.08%), Calcium: 19.47mg (1.95%), Iron: 0.33mg (1.84%), Vitamin B1: 0.02mg (1.55%), Vitamin B2: 0.02mg (1.46%), Phosphorus: 14.33mg (1.43%)