



## Hot Witches' Brew

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



117 kcal

SIDE DISH

### Ingredients

- 4 cups apple juice boiling
- 8 cinnamon sticks
- 6 oz jell-o orange flavor gelatin
- 3 cups water boiling

### Equipment

- bowl

## Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Stir in juice.
- Serve in mugs with cinnamon sticks.

## Nutrition Facts



■ PROTEIN 5% ■ FAT 1.2% ■ CARBS 93.8%

## Properties

Glycemic Index:4.57, Glycemic Load:4.53, Inflammation Score:-1, Nutrition Score:2.7178260444299%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 117.36kcal (5.87%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 27.17g (9.88%), Sugar: 24.24g (26.93%), Cholesterol: 0mg (0%), Sodium: 87.06mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Manganese: 0.56mg (28.22%), Fiber: 1.69g (6.74%), Calcium: 38.63mg (3.86%), Phosphorus: 32.72mg (3.27%), Potassium: 113.45mg (3.24%), Copper: 0.05mg (2.64%), Iron: 0.37mg (2.08%), Magnesium: 7.69mg (1.92%), Selenium: 1.33µg (1.89%), Vitamin B2: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.46%), Vitamin C: 1mg (1.21%), Vitamin B6: 0.02mg (1.12%)