



King's Cider

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

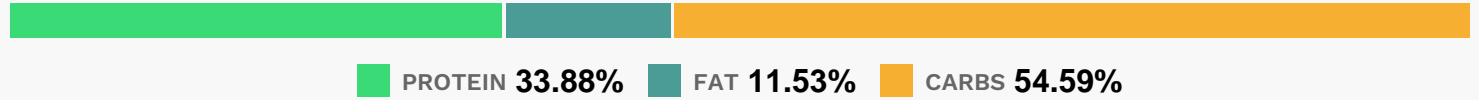
- 1 sprinkle cinnamon
- 1 piece cinnamon sticks
- 2 ounces heated cider
- 0.3 ounce honey
- 0.3 ounce juice of lemon
- 1.5 ounce crown royal

Equipment

Directions

- Serve warm in a coffee mug.
- Sprinkle cinnamon on top and garnish with cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:62.27, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:8.086086967717%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 108.29kcal (5.41%), Fat: 1.26g (1.95%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 9.72g (3.53%), Sugar: 7.65g (8.5%), Cholesterol: 22.11mg (7.37%), Sodium: 21.18mg (0.92%), Alcohol: 2.84g (100%), Alcohol %: 2.98% (100%), Protein: 8.36g (16.72%), Manganese: 1.24mg (62.2%), Selenium: 15.8µg (22.57%), Fiber: 3.75g (15.01%), Vitamin B12: 0.6µg (9.92%), Vitamin B3: 1.85mg (9.26%), Calcium: 88mg (8.8%), Phosphorus: 84mg (8.4%), Vitamin B6: 0.14mg (7.18%), Iron: 0.84mg (4.68%), Potassium: 163.2mg (4.66%), Vitamin C: 3.04mg (3.69%), Magnesium: 14.55mg (3.64%), Vitamin B5: 0.36mg (3.58%), Vitamin D: 0.51µg (3.4%), Vitamin B1: 0.05mg (3.33%), Vitamin B2: 0.05mg (2.89%), Vitamin E: 0.39mg (2.57%), Copper: 0.05mg (2.46%), Zinc: 0.35mg (2.34%), Vitamin K: 2.23µg (2.12%), Folate: 8.36µg (2.09%), Vitamin A: 59.35IU (1.19%)