



Mulled Apple Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



222 kcal

BEVERAGE

DRINK

Ingredients

- 6 allspice dried
- 1 gallon apple juice
- 0.5 teaspoon peppercorns whole black crushed
- 1 cinnamon sticks
- 1 inch ginger fresh thinly sliced
- 2 strips orange zest
- 4 heads star anise


Equipment

pot

Directions

- Combine all of the ingredients except the orange twists in a large pot. Bring the mixture to a boil over medium-high heat. Reduce the heat to medium and simmer for 10 minutes.
- Remove from the heat and let steep for 10 minutes before serving.
- Serve the cider in heatproof mugs garnished with an orange twist, if desired.

Nutrition Facts

 PROTEIN 1.11%  FAT 2.86%  CARBS 96.03%

Properties

Glycemic Index:14.09, Glycemic Load:21.48, Inflammation Score:-2, Nutrition Score:4.1678261264511%

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 Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 222.26kcal (11.11%), Fat: 0.72g (1.11%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 54.52g (18.17%), Net Carbohydrates: 53.14g (19.32%), Sugar: 45.55g (50.61%), Cholesterol: 0mg (0%), Sodium: 19.28mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Manganese: 0.48mg (23.87%), Potassium: 495.6mg (14.16%), Vitamin B1: 0.1mg (6.8%), Magnesium: 25.77mg (6.44%), Vitamin C: 4.79mg (5.81%), Fiber: 1.38g (5.53%), Vitamin B2: 0.08mg (4.89%), Calcium: 47.72mg (4.77%), Vitamin B6: 0.09mg (4.6%), Iron: 0.83mg (4.6%), Phosphorus: 36.47mg (3.65%), Copper: 0.07mg (3.45%), Vitamin B5: 0.24mg (2.44%), Vitamin B3: 0.38mg (1.9%)