

Mulled cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



686 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 l cider dry
- ☐ 7 tbsp calvados
- ☐ 400 ml apple juice
- ☐ 75 g brown sugar dark
- ☐ 1 strips orange zest
- ☐ 4 cloves whole
- ☐ 2 cinnamon sticks
- ☐ 1 tbsp allspice

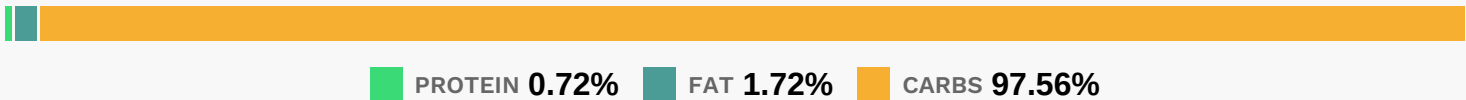
Equipment

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Pour the cider, Calvados, apple juice and sugar into a large saucepan, and gently heat to mull.
- ☐ Add the orange zest and spices, bring to a simmer, then turn down and keep on a low heat for 20–30 mins. Ladle into glass mugs to serve.

Nutrition Facts



Properties

Glycemic Index:37.88, Glycemic Load:9.8, Inflammation Score:-9, Nutrition Score:5.7743477510369%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epicatechin: 9.87mg, Epicatechin: 9.87mg, Epicatechin: 9.87mg, Epicatechin: 9.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 686.38kcal (34.32%), Fat: 0.67g (1.04%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 86.04g (28.68%), Net Carbohydrates: 82.81g (30.11%), Sugar: 76.45g (84.95%), Cholesterol: 0mg (0%), Sodium: 53.5mg (2.33%), Alcohol: 54.94g (100%), Alcohol %: 6.6% (100%), Protein: 0.64g (1.28%), Manganese: 1.14mg (57.17%), Fiber: 3.22g (12.89%), Calcium: 109.43mg (10.94%), Potassium: 319.43mg (9.13%), Iron: 1.13mg (6.27%), Magnesium: 21.83mg (5.46%), Vitamin C: 4.07mg (4.94%), Copper: 0.09mg (4.35%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.07mg (3.45%), Vitamin B2: 0.04mg (2.51%), Phosphorus: 24.99mg (2.5%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.17mg (1.69%), Vitamin K: 1.66µg (1.58%), Selenium: 0.9µg (1.28%), Zinc: 0.18mg (1.23%)