



Mulled Cider and Wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



576 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups apple cider
- ☐ 6 cinnamon sticks
- ☐ 2 inch ginger fresh peeled sliced
- ☐ 1 optional: lemon sliced
- ☐ 1 cranberry-orange relish sliced
- ☐ 4 cups orange-pineapple juice
- ☐ 4 cups red wine
- ☐ 0.5 cup sugar

☐ 1 teaspoon allspice whole

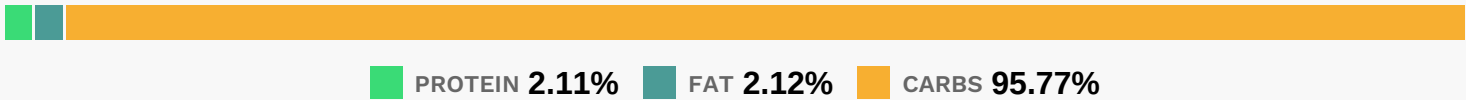
Equipment

☐ sauce pan

Directions

- ☐ Combine first 9 ingredients in a large nonaluminum saucepan. Simmer 30 minutes.
- ☐ Pour in wine; stir until thoroughly heated.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:68.71, Glycemic Load:44.83, Inflammation Score:-8, Nutrition Score:16.955652164376%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 4.75mg, Petunidin: 4.75mg, Petunidin: 4.75mg, Petunidin: 4.75mg Delphinidin: 4.82mg, Delphinidin: 4.82mg, Delphinidin: 4.82mg, Delphinidin: 4.82mg Malvidin: 33.22mg, Malvidin: 33.22mg, Malvidin: 33.22mg, Malvidin: 33.22mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 20.09mg, Catechin: 20.09mg, Catechin: 20.09mg, Catechin: 20.09mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 20.21mg, Epicatechin: 20.21mg, Epicatechin: 20.21mg, Epicatechin: 20.21mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 17.97mg, Hesperetin: 17.97mg, Hesperetin: 17.97mg, Hesperetin: 17.97mg Naringenin: 9.41mg, Naringenin: 9.41mg, Naringenin: 9.41mg, Naringenin: 9.41mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 576.12kcal (28.81%), Fat: 0.99g (1.52%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 100.33g (33.44%), Net Carbohydrates: 94.72g (34.44%), Sugar: 76.6g (85.12%), Cholesterol: 0mg (0%), Sodium: 26.48mg (1.15%),

Alcohol: 25.44g (100%), Alcohol %: 4% (100%), Protein: 2.21g (4.41%), Manganese: 2.66mg (132.97%), Vitamin C: 58.31mg (70.68%), Potassium: 997.01mg (28.49%), Vitamin B6: 0.47mg (23.65%), Fiber: 5.61g (22.44%), Magnesium: 80.67mg (20.17%), Vitamin B1: 0.24mg (16.07%), Iron: 2.87mg (15.95%), Calcium: 150.44mg (15.04%), Folate: 58.82µg (14.7%), Copper: 0.28mg (13.83%), Vitamin B2: 0.19mg (11.26%), Phosphorus: 105.45mg (10.54%), Vitamin B3: 1.43mg (7.15%), Zinc: 0.8mg (5.37%), Vitamin B5: 0.48mg (4.79%), Vitamin K: 3.31µg (3.15%), Vitamin A: 120.73IU (2.41%), Selenium: 1.59µg (2.28%), Vitamin E: 0.3mg (2.01%)