



Mulled Cider Supreme

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients

- 4.5 cups apple cider unsweetened
- 2 tablespoons brown sugar
- 6 inch cinnamon
- 2 tablespoons crystallized ginger
- 2 inch gingerroot peeled
- 1 cup water
- 3 allspice whole

Equipment

- sauce pan
- cheesecloth

Directions

- Combine first 3 ingredients in a saucepan, stirring well.
- Place cinnamon sticks and remaining 4 ingredients on a 6-inch square of cheesecloth; tie with string.
- Add spice bag to cider mixture. Bring to a simmer over medium-high heat, stirring occasionally. Reduce heat to low; cook, uncovered, 15 minutes, stirring occasionally.
- Remove and discard spice bag.
- Pour cider mixture into individual mugs.
- Serve warm.

Nutrition Facts

 **PROTEIN 0.93%**  **FAT 2.07%**  **CARBS 97%**

Properties

Glycemic Index:15.15, Glycemic Load:9.69, Inflammation Score:-1, Nutrition Score:2.5104347574322%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epicatechin: 10mg, Epicatechin: 10mg, Epicatechin: 10mg, Epicatechin: 10mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 134.15kcal (6.71%), Fat: 0.32g (0.49%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 32.24g (11.72%), Sugar: 28.19g (31.33%), Cholesterol: 0mg (0%), Sodium: 13.34mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Manganese: 0.38mg (18.9%), Potassium: 238.33mg (6.81%), Fiber: 1.13g (4.52%), Calcium: 35.26mg (3.53%), Magnesium: 13.53mg (3.38%), Vitamin B1: 0.05mg (3.04%), Vitamin C: 2.12mg (2.57%), Vitamin B6: 0.05mg (2.34%), Copper: 0.05mg (2.3%), Iron: 0.41mg (2.28%), Vitamin B2: 0.04mg (2.21%), Phosphorus: 16.85mg (1.68%), Vitamin B5: 0.12mg (1.2%)