



Mulled Cider Supreme



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4.5 cups apple cider
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 2 inch ginger fresh peeled
- ☐ 2 tablespoons sugar (such as Brown Sugar Twin)
- ☐ 1 cup water
- ☐ 3 allspice whole

Equipment

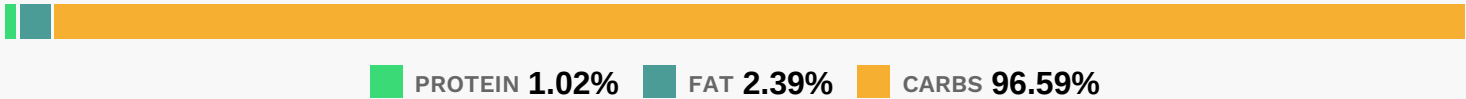
- ☐ sauce pan

☐ cheesecloth

Directions

- ☐ Combine first 3 ingredients in a saucepan, stirring well.
- ☐ Place cinnamon sticks and remaining 3 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, and cook, uncovered, 15 minutes, stirring occasionally. Discard spice bag.
- ☐ Pour into individual mugs, and serve warm.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:13.05, Inflammation Score:-1, Nutrition Score:2.5726086798569%

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: 122.04kcal (6.1%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 29.21g (10.62%), Sugar: 25.3g (28.11%), Cholesterol: 0mg (0%), Sodium: 11.46mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Manganese: 0.41mg (20.5%), Potassium: 232.9mg (6.65%), Fiber: 1.24g (4.95%), Calcium: 33.33mg (3.33%), Magnesium: 13.22mg (3.3%), Vitamin B1: 0.05mg (3.04%), Vitamin C: 2.13mg (2.58%), Vitamin B2: 0.04mg (2.27%), Vitamin B6: 0.05mg (2.25%), Copper: 0.04mg (2.24%), Iron: 0.39mg (2.19%), Phosphorus: 16.78mg (1.68%), Vitamin B5: 0.11mg (1.15%)