



Mulled Cranberry-Apple Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups apple juice
- ☐ 3 tablespoons brown sugar
- ☐ 2 sticks cinnamon halved (3-inch)
- ☐ 4 cups cranberry juice cocktail
- ☐ 1 nutmeg whole
- ☐ 5 strips orange rind ()
- ☐ 4 allspice whole

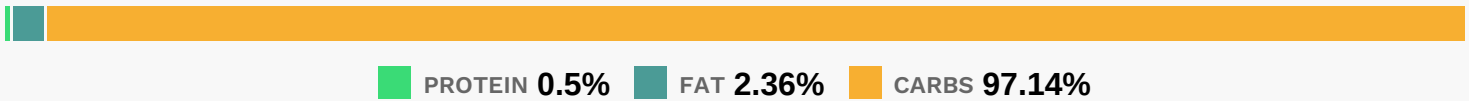
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine all ingredients in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 30 minutes. Strain the mixture through a fine sieve, and discard solids.
- ☐ Serve cider warm.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:15.65, Inflammation Score:-3, Nutrition Score:4.876956515662%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg, Epicatechin: 6.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 143.9kcal (7.2%), Fat: 0.39g (0.6%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 35.85g (11.95%), Net Carbohydrates: 35.02g (12.73%), Sugar: 30.86g (34.29%), Cholesterol: 0mg (0%), Sodium: 8.69mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Vitamin C: 55.48mg (67.25%), Manganese: 0.31mg (15.62%), Potassium: 149.37mg (4.27%), Fiber: 0.83g (3.32%), Calcium: 27.53mg (2.75%), Magnesium: 8.76mg (2.19%), Iron: 0.39mg (2.16%), Vitamin E: 0.31mg (2.08%), Vitamin B1: 0.03mg (1.78%), Copper: 0.04mg (1.77%), Vitamin K: 1.54µg (1.46%), Vitamin B5: 0.14mg (1.36%), Vitamin B6: 0.03mg (1.3%), Vitamin B2: 0.02mg (1.24%), Phosphorus: 10.99mg (1.1%)