



WHATSheATE



Mulled Cranberry Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



219 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon apple cider
- ☐ 8 peppercorns black
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 2 quarts cranberry juice drink
- ☐ 6 allspice whole

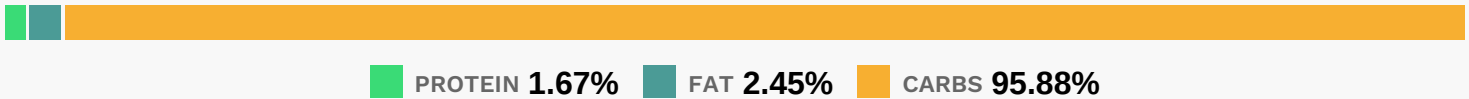
Equipment

- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Place first 4 ingredients on a 5-inch-square piece of cheesecloth; tie with string.
- ☐ Bring cider and juice drink to a boil with spice bag in a Dutch oven. Partially cover, reduce heat, and simmer 30 minutes.
- ☐ Remove and discard spice bag before serving.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:24.98, Inflammation Score:-3, Nutrition Score:5.5521739086379%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 219.4kcal (10.97%), Fat: 0.63g (0.97%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 54.31g (19.75%), Sugar: 49.44g (54.94%), Cholesterol: 0mg (0%), Sodium: 15.88mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin C: 17.55mg (21.27%), Manganese: 0.35mg (17.26%), Vitamin E: 1.94mg (12.92%), Potassium: 443.98mg (12.69%), Vitamin K: 8.34µg (7.94%), Vitamin B6: 0.14mg (7%), Magnesium: 25.77mg (6.44%), Copper: 0.13mg (6.39%), Vitamin B1: 0.08mg (5.38%), Vitamin B2: 0.08mg (4.85%), Iron: 0.83mg (4.62%), Fiber: 1.13g (4.5%), Calcium: 44.32mg (4.43%), Phosphorus: 43.12mg (4.31%), Vitamin B3: 0.38mg (1.92%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.23mg (1.55%), Vitamin A: 76.49IU (1.53%)