

# Mulled Cranberry Cider

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



179 kcal

BEVERAGE

DRINK

## Ingredients

- 2 cinnamon sticks
- 2 quarts 1/4 cup dried cranberry (juice sweetened if possible)
- 1.5 cups cranberries dried
- 1.3 cups honey
- 2 orange zest
- 1 teaspoon vanilla extract

## Equipment

- slow cooker

## Directions

- Pour cranberry juice into a slow cooker; set on high. To the juice add the zest from the oranges, cloves, cranberries, vanilla extract, honey and cinnamon sticks.
- Heat, stirring occasionally, until hot and steamy, about 20 minutes.

## Nutrition Facts

 PROTEIN 1.23%  FAT 1.31%  CARBS 97.46%

## Properties

Glycemic Index:7.08, Glycemic Load:20.16, Inflammation Score:-1, Nutrition Score:3.2039130356001%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 178.55kcal (8.93%), Fat: 0.29g (0.44%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 46.71g (16.99%), Sugar: 45.8g (50.89%), Cholesterol: 0mg (0%), Sodium: 4.18mg (0.18%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 0.61g (1.21%), Vitamin C: 13.22mg (16.03%), Vitamin E: 1.67mg (11.15%), Vitamin K: 7.03µg (6.7%), Manganese: 0.13mg (6.49%), Fiber: 1.17g (4.67%), Copper: 0.09mg (4.27%), Vitamin B6: 0.08mg (3.8%), Potassium: 116.78mg (3.34%), Iron: 0.51mg (2.82%), Vitamin B2: 0.04mg (2.18%), Magnesium: 8.74mg (2.18%), Calcium: 19.01mg (1.9%), Phosphorus: 18.03mg (1.8%), Zinc: 0.2mg (1.36%), Vitamin A: 60.82IU (1.22%), Vitamin B3: 0.22mg (1.12%)