



## Mulled Hard Pear Cider

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



281 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup brandy
- 3 inch ginger sliced into 1/4-inch-thick pieces
- 0.5 cup honey
- 1 large strips orange zest
- 88 ounce pears hard
- 1 vanilla pod split

### Equipment

- pot

## Directions

- Place the cider, orange zest, ginger, and vanilla seeds and pod (if using) in a large pot, stir to combine, and bring to a simmer over high heat. Reduce the heat to medium and simmer for 10 minutes.
- Remove from the heat and let steep for 20 minutes. Stir in the brandy and honey, pour into heatproof mugs, and serve.

## Nutrition Facts

**PROTEIN 1.82%** **FAT 1.82%** **CARBS 96.36%**

## Properties

Glycemic Index:14.88, Glycemic Load:23.03, Inflammation Score:-4, Nutrition Score:6.4895651392315%

## Flavonoids

Cyanidin: 6.42mg, Cyanidin: 6.42mg, Cyanidin: 6.42mg, Cyanidin: 6.42mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg Epicatechin: 11.73mg, Epicatechin: 11.73mg, Epicatechin: 11.73mg, Epicatechin: 11.73mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

## Nutrients (% of daily need)

Calories: 280.5kcal (14.03%), Fat: 0.55g (0.85%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 65.51g (21.84%), Net Carbohydrates: 55.74g (20.27%), Sugar: 47.84g (53.16%), Cholesterol: 0mg (0%), Sodium: 4.46mg (0.19%), Alcohol: 5.01g (100%), Alcohol %: 1.81% (100%), Protein: 1.24g (2.47%), Fiber: 9.78g (39.1%), Vitamin C: 13.82mg (16.75%), Copper: 0.27mg (13.63%), Vitamin K: 13.72µg (13.07%), Potassium: 384.22mg (10.98%), Manganese: 0.18mg (8.77%), Magnesium: 23.41mg (5.85%), Folate: 22.58µg (5.64%), Vitamin B2: 0.09mg (5.34%), Vitamin B6: 0.1mg (5%), Phosphorus: 39.79mg (3.98%), Iron: 0.67mg (3.74%), Calcium: 29.96mg (3%), Vitamin B3: 0.55mg (2.75%), Vitamin B1: 0.04mg (2.61%), Vitamin E: 0.38mg (2.54%), Zinc: 0.37mg (2.49%), Vitamin B5: 0.17mg (1.73%), Vitamin A: 78.49IU (1.57%)