



Orange Mulled Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- 4 qt gal. apple cider
- 4 cinnamon sticks
- 0.5 tsp ground nutmeg

Equipment


- sauce pan

Directions

Cook ingredients in large saucepan on low heat 20 min. or until heated through, stirring occasionally. (Do not boil.)

Discard cinnamon sticks and cloves before serving.

Nutrition Facts

 **PROTEIN 0.97%**  **FAT 2.71%**  **CARBS 96.32%**

Properties

Glycemic Index:4.63, Glycemic Load:6.87, Inflammation Score:-1, Nutrition Score:1.4656521917685%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epicatechin: 7.13mg, Epicatechin: 7.13mg, Epicatechin: 7.13mg, Epicatechin: 7.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 71.27kcal (3.56%), Fat: 0.22g (0.34%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 16.97g (6.17%), Sugar: 14.59g (16.21%), Cholesterol: 0mg (0%), Sodium: 6.12mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Manganese: 0.21mg (10.56%), Potassium: 155.5mg (4.44%), Fiber: 0.61g (2.44%), Vitamin B1: 0.03mg (2.14%), Magnesium: 7.99mg (2%), Calcium: 17.81mg (1.78%), Vitamin C: 1.39mg (1.68%), Vitamin B2: 0.03mg (1.53%), Vitamin B6: 0.03mg (1.41%), Iron: 0.23mg (1.28%), Phosphorus: 11.05mg (1.11%), Copper: 0.02mg (1.03%)