



Orange Spiced Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 64 oz apple cider
- ☐ 0.3 cup brown sugar packed
- ☐ 1 sticks cinnamon dried
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 Dash nutmeg
- ☐ 1 cranberry-orange relish cut into wedges
- ☐ 1 teaspoon allspice whole

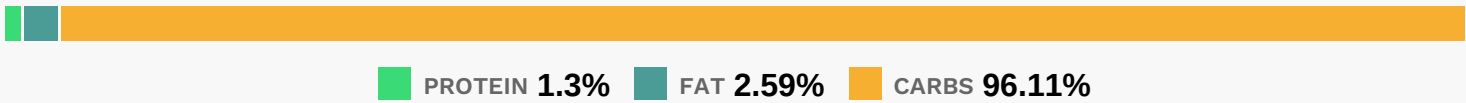
Equipment

- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Bring first 7 ingredients to a boil in a Dutch oven. Reduce heat, and simmer 30 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a container, discarding solids. Stir in rum, if desired.
- ☐ Garnish, if desired, and serve warm.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:8.8, Inflammation Score:-2, Nutrition Score:2.8699999892193%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 114.93kcal (5.75%), Fat: 0.34g (0.53%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 27.33g (9.94%), Sugar: 24.07g (26.74%), Cholesterol: 0mg (0%), Sodium: 9.3mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Manganese: 0.34mg (17.09%), Vitamin C: 8.84mg (10.71%), Potassium: 224.3mg (6.41%), Fiber: 1.36g (5.45%), Calcium: 38.28mg (3.83%), Vitamin B1: 0.05mg (3.37%), Magnesium: 12.36mg (3.09%), Vitamin B6: 0.05mg (2.28%), Iron: 0.4mg (2.19%), Vitamin B2: 0.04mg (2.17%), Copper: 0.04mg (1.88%), Phosphorus: 16.2mg (1.62%), Vitamin B5: 0.13mg (1.33%), Folate: 4.3µg (1.08%), Vitamin B3: 0.2mg (1.02%)