



Peach and Apricot Hard Cider



Vegetarian



Vegan



Dairy Free

READY IN

ready

123 min.

SERVINGS

servings

10

CALORIES

calories

211 kcal

BEVERAGE

DRINK

Ingredients



1 teaspoon allspice



2 cups all-natural apricot nectar



1 cup bourbon



1 cup brown sugar



2 to 3 cinnamon sticks plus more for serving



0.5 cup juice of lemon



12 ounce peaches frozen



2 cups peach nectar

☐ 3 cups water

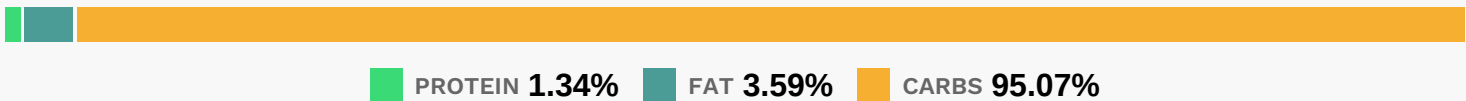
Equipment

☐ slow cooker

Directions

- ☐ Stir all ingredients together in a 4-quart slow cooker. Cover and cook on LOW setting for 2 to 3 hours.
- ☐ Remove cinnamon sticks and switch to WARM setting for serving.
- ☐ Serve in Irish coffee mugs with a cinnamon stick swizzle.

Nutrition Facts



Properties

Glycemic Index:7.53, Glycemic Load:1.2, Inflammation Score:-6, Nutrition Score:4.3669565423675%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 210.78kcal (10.54%), Fat: 0.66g (1.01%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 38.1lg (13.86%), Sugar: 36.97g (41.08%), Cholesterol: 0mg (0%), Sodium: 24.21mg (1.05%), Alcohol: 8.02g (100%), Alcohol %: 3.85% (100%), Protein: 0.55g (1.11%), Vitamin C: 21.13mg (25.61%), Vitamin A: 903.9IU (18.08%), Manganese: 0.19mg (9.71%), Vitamin B1: 0.07mg (4.86%), Fiber: 1.06g (4.25%), Vitamin E: 0.63mg (4.22%), Potassium: 137.49mg (3.93%), Calcium: 39.33mg (3.93%), Copper: 0.08mg (3.86%), Vitamin B6: 0.06mg (3.1%), Magnesium: 11.34mg (2.83%), Iron: 0.45mg (2.49%), Vitamin K: 2.44µg (2.32%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.18mg (1.82%), Vitamin B2: 0.03mg (1.69%), Selenium: 1.12µg (1.6%), Phosphorus: 14.98mg (1.5%), Folate: 5.82µg (1.45%)