



## Peachy Spiced Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



58 kcal

BEVERAGE

DRINK

### Ingredients

- 3 cups peaches
- 2 cups apple juice
- 4 orange sections cut in half
- 1 teaspoon candied ginger chopped
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg

### Equipment

## Directions

- Place peach juice and apple juice in water reservoir of coffee maker.
- Arrange orange slices loosely in paper filter in filter basket.
- Sprinkle remaining ingredients over oranges.
- Brew cider.

## Nutrition Facts

 PROTEIN 4.24%  FAT 3.9%  CARBS 91.86%

## Properties

Glycemic Index:24.81, Glycemic Load:5.08, Inflammation Score:-2, Nutrition Score:2.3539130635883%

## Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 58.45kcal (2.92%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 13g (4.73%), Sugar: 11.9g (13.23%), Cholesterol: 0mg (0%), Sodium: 10.1mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin C: 6.39mg (7.75%), Manganese: 0.11mg (5.32%), Fiber: 1.23g (4.9%), Potassium: 145.6mg (4.16%), Vitamin A: 203.94IU (4.08%), Vitamin E: 0.44mg (2.95%), Copper: 0.06mg (2.82%), Vitamin B3: 0.53mg (2.66%), Vitamin B1: 0.03mg (2.19%), Magnesium: 8.56mg (2.14%), Selenium: 1.31µg (1.87%), Vitamin B2: 0.03mg (1.83%), Phosphorus: 18.17mg (1.82%), Vitamin K: 1.77µg (1.69%), Iron: 0.29mg (1.61%), Vitamin B6: 0.03mg (1.49%), Folate: 5.47µg (1.37%), Vitamin B5: 0.14mg (1.35%), Calcium: 11.24mg (1.12%), Zinc: 0.15mg (1.02%)