



Plum Spiced Hard Cider



Vegetarian



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



1

CALORIES



1252 kcal

SIDE DISH

Ingredients

- 4 ounces apple cider hard
- 2 teaspoons balsamic vinegar
- 1 cinnamon sticks
- 0.5 cup honey
- 0.3 cup maple syrup
- 2 ounces plums
- 2 pounds plums pitted halved
- 2 star anise

1.5 cups water

Equipment

sauce pan

oven

aluminum foil

Directions

Heat oven to 325°F. Arrange plums cut side down in an ovenproof dish that holds them in 1 layer.

In a medium saucepan, combine honey, cinnamon, maple syrup, star anise, balsamic vinegar, and water.

Place on medium-high heat. As soon as mixture begins to boil, pour evenly over plums. Cover dish tightly with foil.

Bake plums until tender, 45 minutes to 1 hour.

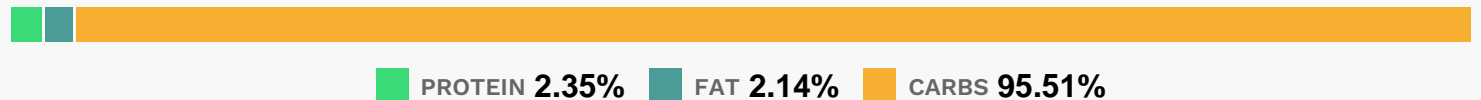
Remove foil, and let cool slightly.

Remove plums from dish (they can be served for dessert, with a little syrup poured over them). Strain syrup into a jar with an airtight lid. It will keep for two weeks in the refrigerator.

To make the cocktail: Fill cocktail shaker with ice.

Add plum syrup and applejack. Shake for about 10 seconds. Strain into a glass filled with ice, then pour the cider over top. Gently stir cocktail and serve.

Nutrition Facts



Properties

Glycemic Index:266.86, Glycemic Load:135.96, Inflammation Score:-10, Nutrition Score:33.751739025116%

Flavonoids

Cyanidin: 54.29mg, Cyanidin: 54.29mg, Cyanidin: 54.29mg, Cyanidin: 54.29mg Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg Catechin: 29.27mg, Catechin: 29.27mg, Catechin: 29.27mg, Catechin: 29.27mg Epigallocatechin: 2.31mg, Epigallocatechin: 2.31mg, Epigallocatechin: 2.31mg, Epigallocatechin: 2.31mg

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Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg Gallocatechin: 0.87mg, Gallocatechin: 0.87mg, Gallocatechin: 0.87mg, Gallocatechin: 0.87mg

Nutrients (% of daily need)

Calories: 1252.36kcal (62.62%), Fat: 3.21g (4.93%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 322.13g (107.38%),
Net Carbohydrates: 305.92g (111.24%), Sugar: 295.49g (328.32%), Cholesterol: 0mg (0%), Sodium: 39.28mg (1.71%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Manganese: 3.24mg (162.13%), Vitamin C:
93.99mg (113.93%), Vitamin B2: 1.36mg (80.23%), Vitamin A: 3343.08IU (66.86%), Fiber: 16.21g (64.84%), Vitamin K:
62.78µg (59.79%), Potassium: 1952.2mg (55.78%), Copper: 0.71mg (35.67%), Magnesium: 103.69mg (25.92%),
Vitamin B1: 0.35mg (23.63%), Calcium: 226.16mg (22.62%), Vitamin B3: 4.48mg (22.4%), Iron: 3.68mg (20.43%),
Phosphorus: 181.88mg (18.19%), Vitamin B6: 0.36mg (17.96%), Vitamin E: 2.6mg (17.32%), Vitamin B5: 1.5mg (15.01%),
Zinc: 2.14mg (14.24%), Folate: 51.99µg (13%), Selenium: 1.68µg (2.4%)