



## Ruby Red Spiced Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



183 kcal

BEVERAGE

DRINK

## Ingredients

- 4 allspice crushed
- 8 cups apple cider
- 4 cinnamon sticks
- 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 1 piece ginger fresh peeled thinly sliced
- 3 tablespoons brown sugar light packed
- 1 cup rum
- 6 zinger tea bags red

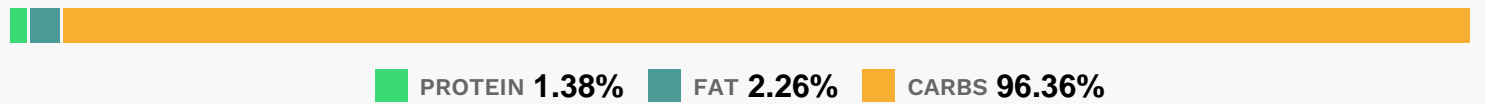
# Equipment

- pot
- slow cooker

# Directions

- Put tea bags, cinnamon, cloves, allspice berries, ginger and brown sugar in a large heatproof container.
- Pour 4 cups of boiling water over tea and spices. Stir well.
- Let steep until liquid has cooled to room temperature, 2 hours. Strain into a pitcher; add cider and juice. Discard tea bags and spices.
- If serving cold, place covered pitcher in refrigerator, chill until cold and serve over ice. If serving warm, pour into a slow cooker, cover and cook on low until warm, about 2 hours.
- Add rum to cooker, if desired, or add 1 Tbsp. rum each to individual glasses. Alternately, heat spiced cider in a large pot over low heat until warm and serve.

# Nutrition Facts



# Properties

Glycemic Index:14.68, Glycemic Load:12.01, Inflammation Score:-2, Nutrition Score:3.2639130600121%

# Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epicatechin: 8.89mg, Epicatechin: 8.89mg, Epicatechin: 8.89mg, Epicatechin: 8.89mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

# Nutrients (% of daily need)

Calories: 183.37kcal (9.17%), Fat: 0.34g (0.52%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 31.13g (11.32%), Sugar: 27.82g (30.91%), Cholesterol: 0mg (0%), Sodium: 10.07mg (0.44%), Alcohol: 8.02g (100%), Alcohol %: 3.74% (100%), Protein: 0.46g (0.92%), Manganese: 0.39mg (19.68%), Vitamin C: 6.51mg (7.89%), Potassium: 244.27mg (6.98%), Fiber: 1.19g (4.78%), Vitamin E: 0.66mg (4.4%), Calcium: 36.54mg (3.65%), Magnesium: 13.99mg (3.5%), Vitamin B6: 0.07mg (3.27%), Copper: 0.06mg (3.19%), Vitamin B1: 0.05mg (3.08%), Vitamin K: 3.02µg (2.87%), Iron: 0.51mg (2.84%), Vitamin B2: 0.04mg (2.53%), Phosphorus: 22.08mg (2.21%),

Vitamin B3: 0.22mg (1.08%), Vitamin B5: 0.1mg (1.04%)