



Simple Hot Spiced Apple Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

- 64 fluid ounce apple cider
- 3 cinnamon sticks
- 3 tablespoons splenda® brown sugar blend
- 1 teaspoon allspice whole

Equipment

- pot
- slow cooker
- cheesecloth

Directions

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in SPLENDA® Brown Sugar Blend. Bring to a boil over high heat. Reduce heat, and keep warm.

Nutrition Facts

 **PROTEIN 0.96%**  **FAT 2.5%**  **CARBS 96.54%**

Properties

Glycemic Index:7.59, Glycemic Load:10.76, Inflammation Score:-1, Nutrition Score:2.6847826365543%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 136.18kcal (6.81%), Fat: 0.38g (0.58%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 31.43g (11.43%), Sugar: 27.29g (30.32%), Cholesterol: 0mg (0%), Sodium: 10.07mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Manganese: 0.42mg (21.12%), Potassium: 251.01mg (7.17%), Fiber: 1.3g (5.21%), Calcium: 36.15mg (3.61%), Vitamin B1: 0.05mg (3.37%), Magnesium: 13.45mg (3.36%), Vitamin C: 2.42mg (2.93%), Iron: 0.44mg (2.43%), Vitamin B2: 0.04mg (2.42%), Vitamin B6: 0.05mg (2.3%), Phosphorus: 18.1mg (1.81%), Copper: 0.04mg (1.81%), Vitamin B5: 0.12mg (1.21%), Vitamin B3: 0.21mg (1.04%)