



Sleepy Hollow Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients



128 oz apple cider



2 cinnamon sticks (3 in.)



0.5 nutmeg whole

Equipment



frying pan



ladle

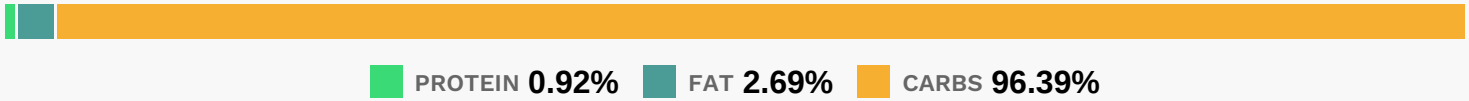


peeler

Directions

- ☐ In a 5- to 6-quart pan, combine apple cider, cinnamon sticks, cloves, and nutmeg. Cook, covered, over medium-high heat until steaming, about 14 minutes. Reduce heat to low to keep hot. Set pan on a tabletop burner or warming tray. Or pour into a thermos or insulated pitcher. Ladle or pour into cups and add vodka to taste (if desired).
- ☐ Cut 1 vanilla bean (6 in.) in half lengthwise. With a vegetable peeler, shave 12 thin ribbons (4 to 6 in. long and about 1 in. wide) off a rinsed piece of pumpkin or banana squash. In a 1- to 1 1/2-quart jar, combine vanilla, pumpkin, 1/2 of a whole nutmeg, and 1 bottle (750 ml. or 1 qt.) vodka. Seal jar and let stand at least 4 days or up to 3 months. The flavor intensifies the longer it stands; remove flavorings once vodka tastes as strong as you like.

Nutrition Facts



Properties

Glycemic Index:7.23, Glycemic Load:10.28, Inflammation Score:-1, Nutrition Score:1.9521739183237%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 10.68mg, Epicatechin: 10.68mg, Epicatechin: 10.68mg, Epicatechin: 10.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 105.74kcal (5.29%), Fat: 0.32g (0.5%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 25.31g (9.2%), Sugar: 21.85g (24.27%), Cholesterol: 0mg (0%), Sodium: 9.13mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Manganese: 0.25mg (12.3%), Potassium: 231.17mg (6.6%), Vitamin B1: 0.05mg (3.2%), Magnesium: 11.72mg (2.93%), Fiber: 0.7g (2.8%), Vitamin C: 2.06mg (2.5%), Vitamin B2: 0.04mg (2.28%), Calcium: 22.64mg (2.26%), Vitamin B6: 0.04mg (2.08%), Iron: 0.31mg (1.72%), Phosphorus: 16.29mg (1.63%), Copper: 0.03mg (1.47%), Vitamin B5: 0.11mg (1.13%)