



Slow-Cooker Apple Cider Sparklers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



98 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups apple cider
- 3 cinnamon sticks
- 3 cloves whole
- 1 piece ginger peeled (1 inch)
- 0.3 teaspoon nutmeg freshly grated
- 2 optional: lemon grated
- 3 tablespoons juice of lemon
- 1 orange zest grated

- 3 tablespoons orange juice
- 1 vanilla pod split seeded
- 0.3 cup brown sugar packed
- 750 ml sparkling wine
- 1 slices cranberry-orange relish

Equipment

- ladle
- slow cooker

Directions

- Pour cider into 3-quart slow cooker.
- Add cinnamon sticks, cloves, gingerroot, nutmeg, lemon peel, lemon juice, orange peel, orange juice, vanilla bean and brown sugar; mix well.
- Cover; cook on Low heat setting 3 hours.
- Remove cinnamon sticks, cloves, gingerroot and vanilla bean before serving. Keep cider warm in slow cooker, or transfer to heatproof pitcher if serving immediately.
- Ladle or pour cider into mugs, filling halfway; fill rest of mug with wine.
- Garnish with orange, lemon and apple slices.

Nutrition Facts



PROTEIN 2.36% **FAT 3.29%** **CARBS 94.35%**

Properties

Glycemic Index:20.9, Glycemic Load:4.16, Inflammation Score:-3, Nutrition Score:2.9760869274969%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 6.39mg, Hesperetin: 6.39mg, Hesperetin: 6.39mg, Hesperetin: 6.39mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol:

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 97.59kcal (4.88%), Fat: 0.28g (0.43%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 16.53g (6.01%), Sugar: 13.78g (15.31%), Cholesterol: 0mg (0%), Sodium: 9.57mg (0.42%), Alcohol: 3.99g (100%), Alcohol %: 2.88% (100%), Protein: 0.45g (0.89%), Vitamin C: 15.87mg (19.23%), Manganese: 0.25mg (12.67%), Potassium: 188.69mg (5.39%), Fiber: 1.32g (5.27%), Magnesium: 14.03mg (3.51%), Iron: 0.59mg (3.27%), Calcium: 32.41mg (3.24%), Vitamin B6: 0.05mg (2.57%), Vitamin B1: 0.03mg (2.08%), Phosphorus: 20.22mg (2.02%), Copper: 0.03mg (1.7%), Vitamin B2: 0.03mg (1.59%), Folate: 5.49µg (1.37%), Vitamin B5: 0.1mg (1.04%)