



Slow-Cooker Apple Cider Sparklers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups apple cider
- ☐ 0.3 cup brown sugar packed
- ☐ 3 cinnamon sticks
- ☐ 1 piece ginger peeled (1 inch)
- ☐ 3 tablespoons juice of lemon
- ☐ 2 optional: lemon grated
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 slices cranberry-orange relish

- ☐ 3 tablespoons orange juice
- ☐ 1 orange zest grated
- ☐ 750 ml wine
- ☐ 1 vanilla pod split seeded

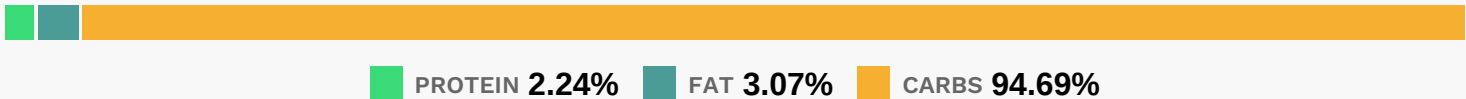
Equipment

- ☐ 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



Properties

Glycemic Index:22.15, Glycemic Load:4.41, Inflammation Score:-3, Nutrition Score:3.1147825730884%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 6.64mg, Hesperetin: 6.64mg, Hesperetin: 6.64mg, Hesperetin: 6.64mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg
Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 118.89kcal (5.94%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 18.73g (6.24%), Net
Carbohydrates: 17.43g (6.34%), Sugar: 13.67g (15.19%), Cholesterol: 0mg (0%), Sodium: 8.24mg (0.36%), Alcohol:
6.53g (100%), Alcohol %: 4.68% (100%), Protein: 0.44g (0.89%), Vitamin C: 15.87mg (19.23%), Manganese: 0.3mg
(14.87%), Fiber: 1.3g (5.2%), Potassium: 178.34mg (5.1%), Vitamin B6: 0.07mg (3.52%), Magnesium: 14.01mg (3.5%),
Calcium: 32.19mg (3.22%), Iron: 0.5mg (2.8%), Vitamin B1: 0.03mg (2.29%), Phosphorus: 22.23mg (2.22%), Vitamin
B2: 0.03mg (1.78%), Copper: 0.03mg (1.47%), Folate: 5.48µg (1.37%), Vitamin B5: 0.13mg (1.32%)