



Slow-Cooker Spiced Cranberry-Apple Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



24

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup brown sugar packed
- 2 teaspoons allspice whole
- 4 sticks cinnamon (3 inch)
- 48 oz apple cider (6 cups)
- 48 oz cranberry juice cocktail (6 cups)

Equipment

- slow cooker

Directions

- In 4- to 5-quart slow cooker, mix all ingredients.
- Cover; cook on Low heat setting 4 to 6 hours. Before serving, remove allspice and cinnamon.

Nutrition Facts

PROTEIN 0.59% **FAT 2.13%** **CARBS 97.28%**

Properties

Glycemic Index:5.03, Glycemic Load:7.2, Inflammation Score:-1, Nutrition Score:2.3765217449678%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 70.83kcal (3.54%), Fat: 0.17g (0.27%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 17.31g (6.3%), Sugar: 15.18g (16.86%), Cholesterol: 0mg (0%), Sodium: 4.63mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin C: 24.68mg (29.91%), Manganese: 0.19mg (9.26%), Potassium: 76.07mg (2.17%), Fiber: 0.51g (2.05%), Calcium: 17.33mg (1.73%), Iron: 0.22mg (1.24%), Magnesium: 4.58mg (1.15%)