



## Spiced Apple Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



66 kcal

BEVERAGE

DRINK

### Ingredients

- 6 cups apple cider organic
- 1 stick cinnamon (3-inch)
- 1 star anise

### Equipment

- ladle
- dutch oven

## Directions

- Combine first 4 ingredients in a Dutch oven. Bring to a simmer; reduce heat to low, and cook 15 minutes.
- Ladle cider into small cups.
- Garnish each serving with 1 1/2 teaspoons whipped cream and 1 cinnamon stick, if desired.

## Nutrition Facts

**PROTEIN 1.02%** **FAT 2.71%** **CARBS 96.27%**

## Properties

Glycemic Index:5.07, Glycemic Load:6.41, Inflammation Score:-1, Nutrition Score:1.2913043401002%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epicatechin: 6.67mg, Epicatechin: 6.67mg, Epicatechin: 6.67mg, Epicatechin: 6.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 66.34kcal (3.32%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 15.85g (5.76%), Sugar: 13.63g (15.14%), Cholesterol: 0mg (0%), Sodium: 5.72mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Manganese: 0.17mg (8.41%), Potassium: 145.97mg (4.17%), Vitamin B1: 0.03mg (2.01%), Fiber: 0.48g (1.93%), Magnesium: 7.46mg (1.87%), Vitamin C: 1.31mg (1.59%), Calcium: 15.48mg (1.55%), Vitamin B2: 0.02mg (1.44%), Vitamin B6: 0.03mg (1.33%), Iron: 0.24mg (1.31%), Phosphorus: 10.58mg (1.06%)