



Spiced Apple Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 Tsp allspice
- 4 cups apple juice pressed (not from concentrate)
- 2 cinnamon sticks
- 1 inch ginger sliced
- 1 Tbsp maple syrup
- 0.1 Tsp nutmeg
- 0.5 cranberry-orange relish sliced into discs
- 1 cup water

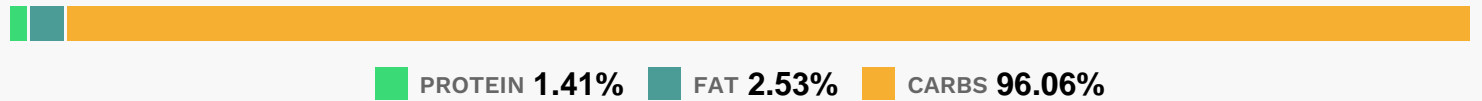
Equipment

- pot
- cheesecloth

Directions

- In a large non reactive pot, combine all ingredients. Bring to a boil over medium high heat. Boil for about 5 minutes. Cover pot, reduce heat and simmer for 30–40 minutes. Line a collander with cheesecloth and strain the cider.
- Serve warm. Spike with dark rum if its been one of those days.

Nutrition Facts



Properties

Glycemic Index:37.46, Glycemic Load:8.79, Inflammation Score:-1, Nutrition Score:2.9169565217391%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 94.45kcal (4.72%), Fat: 0.27g (0.42%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 22.18g (8.07%), Sugar: 18.98g (21.09%), Cholesterol: 0mg (0%), Sodium: 9.22mg (0.4%), Protein: 0.34g (0.69%), Manganese: 0.41mg (20.59%), Vitamin C: 7.43mg (9.01%), Potassium: 205.1mg (5.86%), Fiber: 1.26g (5.05%), Vitamin B2: 0.08mg (4.46%), Calcium: 34.89mg (3.49%), Vitamin B1: 0.05mg (3.15%), Magnesium: 11.85mg (2.96%), Vitamin B6: 0.04mg (2.01%), Copper: 0.04mg (1.93%), Iron: 0.32mg (1.8%), Phosphorus: 14.43mg (1.44%), Vitamin B5: 0.11mg (1.15%)