



Spiced Apricot Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



125 min.

SERVINGS



6

CALORIES



101 kcal

BEVERAGE

DRINK

Ingredients

- 24 ounces all-natural apricot nectar canned
- 2 cups water
- 0.3 cup juice of lemon
- 0.3 cup sugar
- 2 cloves whole
- 2 cinnamon sticks (3 inches)

Equipment

- slow cooker

Directions

In a 3-qt. slow cooker, combine all ingredients. Cover and cook on low for 2 hours or until cider reaches desired temperature. Discard cloves and cinnamon sticks.

Nutrition Facts

PROTEIN 1.03% **FAT 4.87%** **CARBS 94.1%**

Properties

Glycemic Index:12.52, Glycemic Load:5.83, Inflammation Score:-8, Nutrition Score:5.2795652999826%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 100.89kcal (5.04%), Fat: 0.58g (0.9%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 24.62g (8.95%), Sugar: 23.11g (25.68%), Cholesterol: 0mg (0%), Sodium: 13.5mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 37.66mg (45.65%), Vitamin A: 1496.48IU (29.93%), Manganese: 0.28mg (14.08%), Vitamin B1: 0.07mg (4.72%), Vitamin E: 0.51mg (3.42%), Fiber: 0.79g (3.14%), Calcium: 27.64mg (2.76%), Potassium: 92.32mg (2.64%), Vitamin B6: 0.05mg (2.44%), Copper: 0.04mg (2.03%), Magnesium: 7.94mg (1.99%), Vitamin K: 1.82µg (1.73%), Iron: 0.23mg (1.28%), Vitamin B5: 0.13mg (1.27%), Vitamin B2: 0.02mg (1.22%)