



Spiced Caramel Cider



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



158 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 10 cup apple cider
- ☐ 1 tablespoon butter
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons water
- ☐ 0.3 cup whipping cream

☐ 5 allspice whole

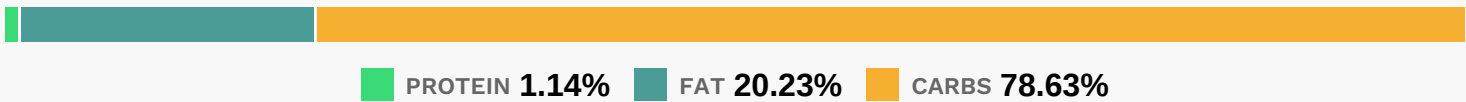
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ slow cooker
- ☐ cheesecloth

Directions

- ☐ Place sugar and 3 tablespoons water in a small, heavy saucepan over medium-low heat. Cook 3 minutes or until sugar melts, stirring gently. Continue cooking 5 minutes or until golden (do not stir).
- ☐ Remove from heat; let stand 1 minute.
- ☐ Add butter, stirring until melted. Gradually add whipping cream, stirring constantly. Cook over medium heat 1 minute or until caramel sauce is smooth, stirring constantly.
- ☐ Remove from heat.
- ☐ Place allspice, cloves, and cinnamon sticks on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Place in a 4-quart electric slow cooker.
- ☐ Add cider, orange juice, and caramel sauce, stirring until caramel sauce dissolves. Cover and cook on LOW for 3 hours.
- ☐ Remove and discard cheesecloth bag. Stir in lemon juice.
- ☐ Ladle cider into mugs.
- ☐ Garnish with cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:15, Inflammation Score:-2, Nutrition Score:2.4121739197036%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 9.26mg, Epicatechin: 9.26mg, Epicatechin: 9.26mg, Epicatechin: 9.26mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 157.54kcal (7.88%), Fat: 3.64g (5.6%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 31.11g (11.31%), Sugar: 27.91g (31.01%), Cholesterol: 9.98mg (3.33%), Sodium: 17.58mg (0.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Manganese: 0.25mg (12.5%), Potassium: 219.93mg (6.28%), Vitamin C: 4.92mg (5.96%), Vitamin B1: 0.05mg (3.19%), Vitamin B2: 0.05mg (2.93%), Fiber: 0.73g (2.9%), Magnesium: 11.41mg (2.85%), Vitamin A: 140.66IU (2.81%), Calcium: 27.34mg (2.73%), Vitamin B6: 0.04mg (2.07%), Phosphorus: 19.28mg (1.93%), Iron: 0.31mg (1.72%), Copper: 0.03mg (1.51%), Vitamin B5: 0.13mg (1.28%)