



Spiced Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



140 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 cups apple cider
- ☐ 0.5 cup brandy
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 slice optional: lemon (1/2-inch-thick)
- ☐ 1 slice cranberry-orange relish (1/2-inch-thick)

Equipment

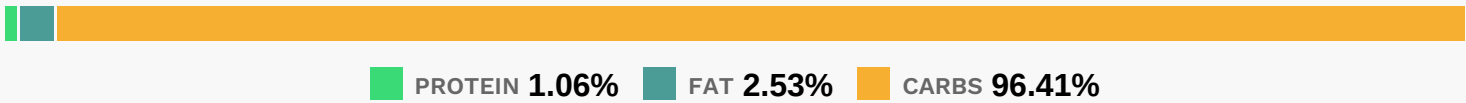
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Combine cider, cinnamon stick, clove, orange slice, and lemon slice in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Strain cider mixture through a sieve into a bowl; discard solids. Stir in brandy.
- ☐ Serve warm.
- ☐ Garnish each serving with 1 cinnamon stick, if desired.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:9.02, Inflammation Score:-2, Nutrition Score:2.0139130464067%

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: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 139.54kcal (6.98%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 22.29g (8.1%), Sugar: 19.18g (21.31%), Cholesterol: 0mg (0%), Sodium: 8.15mg (0.35%), Alcohol: 6.68g (100%), Alcohol %: 3.84% (100%), Protein: 0.25g (0.51%), Manganese: 0.25mg (12.6%), Potassium: 207.38mg (5.93%), Vitamin C: 3.65mg (4.43%), Fiber: 0.79g (3.17%), Vitamin B1: 0.05mg (3.01%), Magnesium: 10.51mg (2.63%), Calcium: 22.82mg (2.28%), Vitamin B2: 0.04mg (2.1%), Vitamin B6: 0.04mg (1.94%), Iron: 0.3mg (1.68%), Copper: 0.03mg (1.56%), Phosphorus: 15.45mg (1.55%), Vitamin B5: 0.11mg (1.07%)