



Spiced Hard Cider Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



168 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brandy
- ☐ 1 stick cinnamon
- ☐ 1 quart cider hard
- ☐ 0.3 cup ginger fresh finely chopped
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 8 slices delicious apple red
- ☐ 1 cup water hot

- ☐ 0.5 cup applejack
- ☐ 0.5 cup applejack

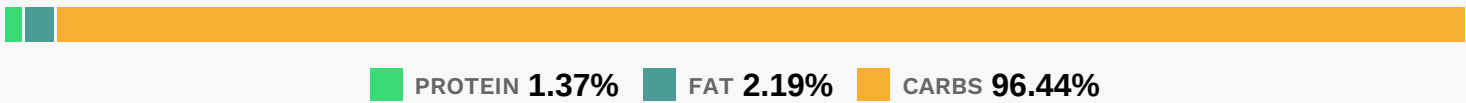
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place the hot water in a small stainless steel saucepan and add the sugar, ginger, cloves, cinnamon and nutmeg to the pan. Bring to a boil, place a lid over the saucepan and reduce to a simmer. Continue to simmer until the flavors have married, about 20 minutes.
- ☐ Remove from the heat, strain through a fine-mesh sieve into a non-reactive bowl and allow to cool. Once cool, add the cider, applejack and brandy to the bowl. Stir to mix well and refrigerate for at least 2 hours, and up to 5 days.
- ☐ Serve in a small punch bowl with an ice mold, if desired, and garnish each glass with an apple slice.
- ☐ Place the hot water in a small stainless steel saucepan and add the sugar, ginger, cloves, cinnamon and nutmeg to the pan. Bring to a boil, place a lid over the saucepan and reduce to a simmer. Continue to simmer until the flavors have married, about 20 minutes.
- ☐ Remove from the heat, strain through a fine-mesh sieve into a non-reactive bowl and allow to cool. Once cool, add the cider, applejack and brandy to the bowl. Stir to mix well and refrigerate for at least 2 hours, and up to 5 days.
- ☐ Serve in a small punch bowl with an ice mold, if desired, and garnish each glass with an apple slice.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:8.43, Inflammation Score:-5, Nutrition Score:2.1578260767071%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg
Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg
Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 167.7kcal (8.39%), Fat: 0.26g (0.39%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 22.4g (8.14%), Sugar: 20.79g (23.1%), Cholesterol: 0mg (0%), Sodium: 7.96mg (0.35%), Alcohol: 10.92g (100%), Alcohol %: 4.92% (100%), Protein: 0.36g (0.72%), Fiber: 2.92g (11.69%), Manganese: 0.13mg (6.31%), Vitamin C: 5.18mg (6.28%), Potassium: 131.61mg (3.76%), Vitamin B6: 0.05mg (2.52%), Vitamin K: 2.54µg (2.42%), Copper: 0.05mg (2.33%), Magnesium: 7.41mg (1.85%), Vitamin B2: 0.03mg (1.84%), Vitamin E: 0.21mg (1.43%), Phosphorus: 14.02mg (1.4%), Vitamin B1: 0.02mg (1.37%), Calcium: 12.47mg (1.25%), Vitamin A: 60.21IU (1.2%), Iron: 0.2mg (1.09%)