



Spiced Pear Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 sticks cinnamon (3-inch)
- ☐ 6 cups pear juice unsweetened
- ☐ 2 cups pear nectar
- ☐ 16 allspice whole

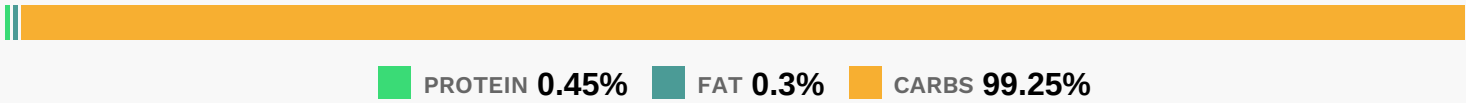
Equipment

- ☐ slow cooker
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Place allspice, cloves, and cinnamon in the center of a coffee filter or an 8-inch square of cheesecloth. Gather edges into a sack, and tie sack with a small piece of kitchen string.
- ☐ Combine spice sack, pear juice, and pear nectar in a 3-quart slow cooker. Cover with lid, and cook on LOW 3 hours.
- ☐ Throw away the spice bag.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:6.6678260396356%

Nutrients (% of daily need)

Calories: 122.33kcal (6.12%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 32.03g (11.65%), Sugar: 23.08g (25.64%), Cholesterol: 0mg (0%), Sodium: 17.71mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 63.7mg (77.21%), Manganese: 0.33mg (16.51%), Copper: 0.17mg (8.49%), Vitamin K: 7.99µg (7.61%), Potassium: 259.56mg (7.42%), Fiber: 1.53g (6.13%), Magnesium: 18.08mg (4.52%), Calcium: 44.3mg (4.43%), Vitamin B2: 0.06mg (3.81%), Vitamin B3: 0.67mg (3.34%), Phosphorus: 25.54mg (2.55%), Folate: 8.24µg (2.06%), Iron: 0.32mg (1.79%), Vitamin E: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.53%), Zinc: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.36%), Selenium: 0.8µg (1.15%)