



Spicy Spiked Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



371 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup granulated sugar
- 2 teaspoons ground cinnamon
- 3 cinnamon sticks whole
- 2 star anise whole
- 4 cups apple cider
- 12.3 orange juice
- 0.8 cup spiced rum (if desired, use more or less)
- 1 serving ice cubes

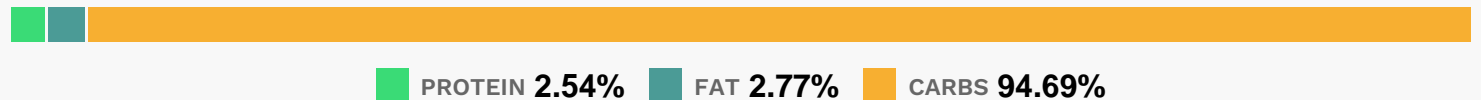
Equipment

- bowl
- sauce pan
- ladle

Directions

- For Cinnamon–Sugar Rim, in small bowl, mix sugar and ground cinnamon.
- Pour onto plate; set aside.
- In 3–quart saucepan, place cloves, cinnamon sticks and star anise. Cook over medium heat 1 minute or until lightly toasted.
- Add apple cider and orange juice; simmer 10 minutes (do not boil). Cool completely.
- Meanwhile, lightly moisten rim of each of 4 mugs or glasses. Invert mugs into cinnamon–sugar; twist until rim has been evenly coated.
- Add rum to cooled cider; strain to remove spices.
- Place ice in mugs; ladle cider over ice.

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:32.18, Inflammation Score:-7, Nutrition Score:11.799565208995%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg, Epicatechin: 11.12mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 22.11mg, Hesperetin: 22.11mg, Hesperetin: 22.11mg, Hesperetin: 22.11mg Naringenin: 3.96mg, Naringenin: 3.96mg, Naringenin: 3.96mg, Naringenin: 3.96mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 370.57kcal (18.53%), Fat: 0.85g (1.31%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 65.68g (21.89%), Net Carbohydrates: 62.84g (22.85%), Sugar: 54.96g (61.06%), Cholesterol: 0mg (0%), Sodium: 13.05mg (0.57%), Alcohol: 15.03g (100%), Alcohol %: 3.8% (100%), Protein: 1.76g (3.53%), Vitamin C: 94.87mg (114.99%), Manganese: 0.85mg (42.7%), Potassium: 632.42mg (18.07%), Vitamin B1: 0.22mg (14.75%), Folate: 55.77µg (13.94%), Fiber: 2.84g (11.36%), Magnesium: 35.31mg (8.83%), Calcium: 79.37mg (7.94%), Vitamin A: 384.61IU (7.69%), Copper: 0.14mg (6.97%), Iron: 1.17mg (6.48%), Vitamin B6: 0.13mg (6.3%), Vitamin B2: 0.1mg (6.09%), Phosphorus: 54.29mg (5.43%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.48mg (4.84%), Zinc: 0.25mg (1.69%), Vitamin K: 1.32µg (1.25%), Vitamin E: 0.18mg (1.21%)