

Spiked Fall Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



3

CALORIES



204 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups apple cider
- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup peach schnapps
- ☐ 0.3 cup triple sec orange-flavored (liqueur)

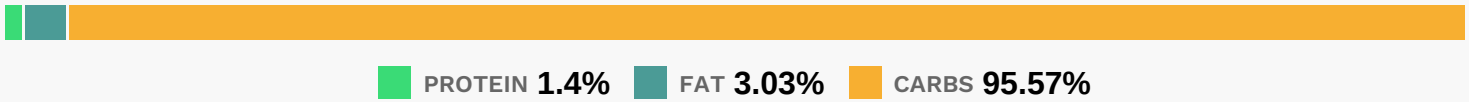
Equipment

- ☐ sauce pan

Directions

- ☐
- Pour the apple cider, orange juice, schnapps, triple sec, cinnamon, and nutmeg into a saucepan. Bring to a simmer over medium-high heat, then reduce heat to low, and cook for 20 minutes.
- ☐
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:55.92, Glycemic Load:9.38, Inflammation Score:-3, Nutrition Score:3.1839130953278%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 204kcal (10.2%), Fat: 0.47g (0.72%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 32.77g (11.92%), Sugar: 29.6g (32.89%), Cholesterol: 0mg (0%), Sodium: 8.34mg (0.36%), Alcohol: 5.1g (100%), Alcohol %: 2.72% (100%), Caffeine: 5.11mg (1.7%), Protein: 0.49g (0.98%), Vitamin C: 22.1mg (26.78%), Manganese: 0.15mg (7.34%), Potassium: 248.93mg (7.11%), Vitamin B1: 0.07mg (4.81%), Magnesium: 13.65mg (3.41%), Folate: 12.66µg (3.16%), Vitamin B2: 0.04mg (2.45%), Copper: 0.05mg (2.43%), Vitamin B6: 0.05mg (2.27%), Fiber: 0.5g (2.01%), Phosphorus: 19.97mg (2%), Calcium: 18.61mg (1.86%), Vitamin A: 84.78IU (1.7%), Iron: 0.3mg (1.66%), Vitamin B3: 0.31mg (1.57%), Vitamin B5: 0.16mg (1.56%)