



Thanksgiving Star Cider



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



373 kcal

BEVERAGE

DRINK

Ingredients

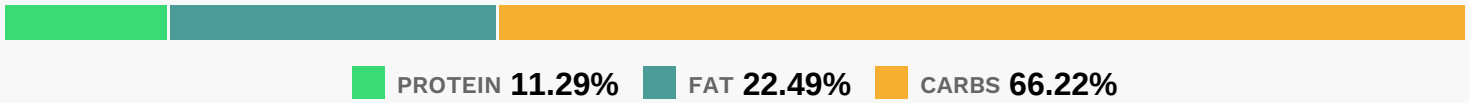
- ☐ 0.5 cup hibiscus blossoms dried
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lemon
- ☐ 4 cups pear nectar
- ☐ 2 cups red wine
- ☐ 2 cups star anise
- ☐ 8 servings star anise fresh

Equipment

Directions

- ☐ Pour 2 cups boiling water over 1/2 cup dried hibiscus blossoms (jamaica) and let steep 5 minutes. Meanwhile, warm 4 cups pear nectar, 2 cups red wine, 1/4 cup lemon juice, and 2 star anise over low heat. Strain hibiscus infusion into a large pitcher, add pear nectar mixture, and stir in 1/3 cup honey.
- ☐ Serve warm in mugs.
- ☐ Garnish each serving with a whole star anise and fresh pear wedges if you like.

Nutrition Facts



Properties

Glycemic Index:9.66, Glycemic Load:7.37, Inflammation Score:-7, Nutrition Score:21.509130488271%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 373.31kcal (18.67%), Fat: 9.59g (14.76%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 63.57g (21.19%), Net Carbohydrates: 53.98g (19.63%), Sugar: 31.16g (34.62%), Cholesterol: 0mg (0%), Sodium: 18.26mg (0.79%), Alcohol: 6.36g (100%), Alcohol %: 2.86% (100%), Protein: 10.83g (21.67%), Iron: 22.91mg (127.27%), Manganese: 1.51mg (75.61%), Calcium: 402.09mg (40.21%), Fiber: 9.58g (38.33%), Copper: 0.64mg (32.2%), Magnesium:

114.38mg (28.6%), Phosphorus: 283.52mg (28.35%), Potassium: 977.32mg (27.92%), Zinc: 3.4mg (22.67%), Vitamin B6: 0.45mg (22.48%), Vitamin C: 17.03mg (20.64%), Vitamin B1: 0.21mg (14.12%), Vitamin B2: 0.22mg (12.69%), Vitamin B3: 2.16mg (10.82%), Vitamin B5: 0.54mg (5.44%), Vitamin A: 233.73IU (4.67%), Selenium: 3.25µg (4.64%), Folate: 9.82µg (2.46%), Vitamin K: 2.49µg (2.37%)