



Twisted Apple Cider

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



355 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups apple cider
- 0.3 cup cinnamon schnapps
- 4 cubes ice cubes
- 0.5 cup spiced rum

Equipment

Directions

- Stir the cider, rum, and cinnamon schnapps together in a pitcher.
- Place 2 ice cubes in each of two 12-ounce glasses.
- Pour half of the cider mixture into each glass and serve.

Nutrition Facts

■ **PROTEIN 0.6%**
■ **FAT 1.76%**
■ **CARBS 97.64%**

Properties

Glycemic Index:27.88, Glycemic Load:10.67, Inflammation Score:-4, Nutrition Score:1.8573913284294%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 355.42kcal (17.77%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 37.78g (13.74%), Sugar: 34.19g (37.99%), Cholesterol: 0mg (0%), Sodium: 11.44mg (0.5%), Alcohol: 32.87g (100%), Alcohol %: 11.79% (100%), Protein: 0.24g (0.47%), Manganese: 0.19mg (9.27%), Potassium: 239.56mg (6.84%), Vitamin B1: 0.05mg (3.54%), Magnesium: 12.08mg (3.02%), Vitamin C: 2.12mg (2.57%), Vitamin B2: 0.04mg (2.5%), Copper: 0.05mg (2.27%), Vitamin B6: 0.04mg (2.15%), Calcium: 19.72mg (1.97%), Phosphorus: 18.92mg (1.89%), Fiber: 0.47g (1.89%), Iron: 0.31mg (1.71%), Vitamin B5: 0.12mg (1.16%)