

## Up and Coming

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



358 kcal

SIDE DISH

## Ingredients

- 1 cup apple cider
- 1 quart heavy cream
- 1 cup milk
- 1 tablespoon nutmeg freshly grated
- 1 cup sugar
- 1 teaspoon vanilla extract

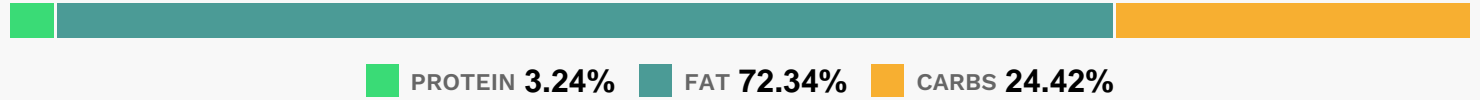
## Equipment

- whisk

## Directions

- In a half gallon container, mix together the heavy cream, apple cider, milk, sugar, vanilla and nutmeg with a whisk.
- Serve immediately, or refrigerate overnight.
- Whisk again before serving.

## Nutrition Facts



## Properties

Glycemic Index:18.24, Glycemic Load:13, Inflammation Score:-6, Nutrition Score:4.1956521726173%

## Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 357.57kcal (17.88%), Fat: 29.41g (45.25%), Saturated Fat: 18.67g (116.7%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 22.18g (8.07%), Sugar: 22.01g (24.46%), Cholesterol: 91.55mg (30.52%), Sodium: 30.1mg (1.31%), Alcohol: 0.1g (100%), Alcohol %: 0.11% (100%), Protein: 2.96g (5.92%), Vitamin A: 1193.01IU (23.86%), Vitamin B2: 0.18mg (10.79%), Vitamin D: 1.49µg (9.9%), Calcium: 79.91mg (7.99%), Phosphorus: 68.92mg (6.89%), Vitamin E: 0.74mg (4.92%), Selenium: 2.88µg (4.12%), Vitamin B12: 0.24µg (3.93%), Potassium: 128.15mg (3.66%), Vitamin B5: 0.29mg (2.87%), Magnesium: 10.05mg (2.51%), Vitamin K: 2.58µg (2.46%), Vitamin B6: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.29mg (1.94%), Manganese: 0.03mg (1.73%)