



Warm Cinnamon-Orange Cider

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



8

CALORIES



55 kcal

BEVERAGE

DRINK

Ingredients

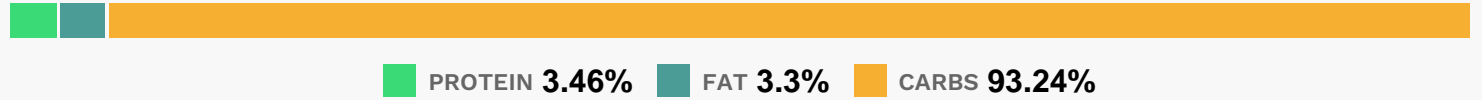
- 0.5 bottle apple cider (64-ounce size)
- 1 tablespoon honey
- 2 cups orange juice
- 2 tablespoons cinnamon candies red
- 1.5 teaspoons allspice whole

Equipment

Directions

- Heat apple cider, orange juice, candies and allspice to boiling; reduce heat. Cover and simmer 5 minutes.
- Remove allspice. Stir in honey.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:4.84, Inflammation Score:-3, Nutrition Score:3.0721738738534%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 54.95kcal (2.75%), Fat: 0.21g (0.33%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 13.3g (4.83%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 1.75mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin C: 31.45mg (38.12%), Folate: 18.99µg (4.75%), Potassium: 142.9mg (4.08%), Vitamin B1: 0.06mg (3.89%), Vitamin A: 129.07IU (2.58%), Manganese: 0.04mg (2.19%), Magnesium: 8.51mg (2.13%), Copper: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.44%), Vitamin B3: 0.28mg (1.42%), Fiber: 0.34g (1.38%), Calcium: 13.71mg (1.37%), Vitamin B2: 0.02mg (1.27%), Vitamin B5: 0.12mg (1.23%), Phosphorus: 12.24mg (1.22%), Iron: 0.21mg (1.16%)