



Warm Mulled Cider



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 gallon apple cider (not juice)
- ☐ 8 cinnamon sticks
- ☐ 1.5 inch ginger thinly sliced
- ☐ 1 pinch nutmeg
- ☐ 2 tablespoons honey
- ☐ 1 navel oranges
- ☐ 5 allspice whole

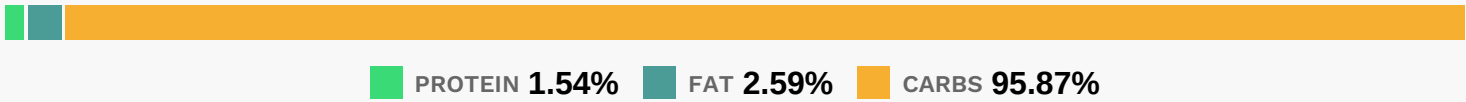
Equipment

- ☐ ladle
- ☐ pot
- ☐ peeler

Directions

- ☐ Using a vegetable peeler, peel the zest from the orange to create long strips.In a medium pot, bring the cider, honey, allspice, cloves, nutmeg, ginger, and orange zest to a simmer. Do not boil.
- ☐ Heat, uncovered, for 30 minutes. Ladle into cups and serve warm with the cinnamon sticks.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:13.07, Inflammation Score:-2, Nutrition Score:4.9756521660349%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 143.88kcal (7.19%), Fat: 0.44g (0.67%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 33.62g (12.23%), Sugar: 28.69g (31.88%), Cholesterol: 0mg (0%), Sodium: 10.44mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Manganese: 0.8mg (40.21%), Vitamin C: 12.72mg (15.42%), Fiber: 2.79g (11.17%), Potassium: 292.36mg (8.35%), Calcium: 62.69mg (6.27%), Magnesium: 16.84mg (4.21%), Vitamin B1: 0.06mg (4.21%), Iron: 0.64mg (3.53%), Vitamin B6: 0.07mg (3.28%), Vitamin B2: 0.05mg (3.13%), Copper: 0.05mg (2.68%), Phosphorus: 23.82mg (2.38%), Vitamin B5: 0.18mg (1.8%), Folate: 6.53µg (1.63%), Vitamin B3: 0.31mg (1.57%), Vitamin A: 56.38IU (1.13%), Vitamin K: 1.09µg (1.04%)