



Warm Spiced Apple Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups apple juice
- 2 Tbsp brown sugar
- 6 cinnamon sticks divided
- 10 servings country time lemonade flavor drink mix
- 1 cup water




Equipment

- sauce pan
- slotted spoon

Directions

- Measure drink mix into cap to 1-qt. line; place in medium saucepan.
- Add 2 cinnamon sticks and all remaining ingredients; stir.
- Cook on medium heat 5 min. or until heated through. (Do not let boil.) Use slotted spoon to remove spices; discard.
- Pour drink into mugs.
- Add 1 of the remaining cinnamon sticks to each.

Nutrition Facts

 PROTEIN **0.54%**  FAT **2.27%**  CARBS **97.19%**

Properties

Glycemic Index:4.57, Glycemic Load:3.39, Inflammation Score:-2, Nutrition Score:2.8165216918873%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 112.79kcal (5.64%), Fat: 0.3g (0.46%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 28.98g (9.66%), Net Carbohydrates: 27.65g (10.05%), Sugar: 25.63g (28.48%), Cholesterol: 0mg (0%), Sodium: 13.71mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Manganese: 0.43mg (21.3%), Magnesium: 47.42mg (11.86%), Vitamin C: 7.53mg (9.13%), Fiber: 1.33g (5.33%), Calcium: 33.1mg (3.31%), Potassium: 112.38mg (3.21%), Iron: 0.31mg (1.74%), Copper: 0.03mg (1.43%), Vitamin B1: 0.02mg (1.24%), Vitamin B6: 0.02mg (1.11%)