



Mulled Cider

Ingredients

- ½ gallon cider
- 1 Tablespoon cinnamon spice
- 1 orange cut into ½ inch slices
- 1 teaspoon whole cloves

Makes 8 servings

Instructions

1. Slice oranges, press cloves into orange slices.
2. Combine all ingredients in a large pot.
3. Simmer for 20 minutes.

Nutrition Facts

Serving Size 1 cup		Servings Per Container 8	
Amount Per Serving			
Calories 130	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 33g			11%
Dietary Fiber 1g			4%
Sugars 28g			
Protein 0g			
Vitamin A 2%		Vitamin C 20%	
Calcium 2%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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