

# Hot Mulled Cider

*Patchwork Quilt Country Inn - Middlebury, IN  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## **Yield: 8 one-cup servings**

*2 quarts fresh apple cider  
1 teaspoon grated orange rind, no  
white membrane  
1/2 teaspoon whole allspice  
1/4 teaspoon mace  
1/8 teaspoon salt (optional)  
1/2 teaspoon ground coriander  
1 teaspoon whole cloves  
1 tablespoon cinnamon candy (red  
hots)*

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In a large kettle, bring all of the ingredients to a boil.

Reduce the heat and simmer for 30 minutes.

Serve hot with orange slices or whole cinnamon sticks.

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Per Serving (excluding unknown items): 14 Calories; 1g Fat (36.9% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat.

## Beverages

### **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	14
<b>% Calories from Fat:</b>	36.9%
<b>% Calories from Carbohydrates:</b>	56.5%
<b>% Calories from Protein:</b>	6.5%
<b>Total Fat (g):</b>	1g
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	3g
<b>Dietary Fiber (g):</b>	1g
	trace

<b>Vitamin B6 (mg):</b>	trace
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	3mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	0.0%

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### **Food Exchanges**

<b>Grain (Starch):</b>	0
	0

**Protein (g):**  
**Sodium (mg):** 6mg  
**Potassium (mg):** 41mg  
**Calcium (mg):** 24mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 24IU  
**Vitamin A (r.e.):** 2 1/2RE

**Lean Meat:**  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 14 Calories from Fat: 5

### % Daily Values\*

<b>Total Fat</b>	1g		1%
Saturated Fat	trace		1%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	6mg		0%
<b>Total Carbohydrates</b>	3g		1%
Dietary Fiber	1g		4%
<b>Protein</b>	trace		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			8%
<b>Calcium</b>			2%
<b>Iron</b>			2%

\* Percent Daily Values are based on a 2000 calorie diet.