

Hot Cider Punch

Anita Bell - Hermitage, TN

Taste of Home Magazine - December/January 2013

Servings: 12

3 1/2 cups apple cider or juice
2 tablespoons sugar
1 three-inch cinnamon stick
1/2 teaspoon ground nutmeg
1 teaspoon whole cloves
1 medium orange, cut into wedges
3 cups orange juice
3 cups unsweetened pineapple juice

Preparation Time: 5 minutes

Cook Time: 30 minutes

In a large saucepan, combine the cider, sugar, cinnamon stick and nutmeg. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes.

Meanwhile, insert the cloves into the orange wedges. Add to the cider mixture.

Stir in the orange and pineapple juices. Heat through. Discard the cinnamon stick.

Serve warm.

Per Serving (excluding unknown items): 80 Calories; trace Fat (3.1% calories from fat); 1g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat; 0 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 80 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 3.1% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 93.1% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 3.8% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 52mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Daily Value: | 0% |
| | 19g | | |

Food Exchanges

| | | | |
|---------------------------|-------|-----------------------------|---|
| Carbohydrate (g): | | Grain (Starch): | 0 |
| Dietary Fiber (g): | 1g | Lean Meat: | 0 |
| Protein (g): | 1g | Vegetable: | 0 |
| Sodium (mg): | 2mg | Fruit: | 1 |
| Potassium (mg): | 236mg | Non-Fat Milk: | 0 |
| Calcium (mg): | 37mg | Fat: | 0 |
| Iron (mg): | 1mg | Other Carbohydrates: | 0 |
| Zinc (mg): | trace | | |
| Vitamin C (mg): | 44mg | | |
| Vitamin A (i.u.): | 154IU | | |
| Vitamin A (r.e.): | 34RE | | |

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 80 Calories from Fat: 3

% Daily Values*

| | | |
|----------------------------|-------|----|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 2mg | 0% |
| Total Carbohydrates | 19g | 6% |
| Dietary Fiber | 1g | 5% |
| Protein | 1g | |

| | |
|------------------|-----|
| Vitamin A | 3% |
| Vitamin C | 74% |
| Calcium | 4% |
| Iron | 4% |

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