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Mulled Cider

Ingredients:

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

Makes 8 servings - 0% calories from fat

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 6	
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 5mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 0g	
Vitamin A 0%	• Vitamin C 100%
Calcium 0%	• Iron 2%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.