

Featured Recipe at

The Nest

in Louisville Hall

Mulled Apple Cider



Combine all ingredients in small pot and heat for 20 minutes, then strain and serve. Or microwave in a microwave-safe mug for 3 minutes, strain and serve.

1 cup apple cider

2 whole cloves

1 cinnamon stick

OR ¼ tsp

cinnamon

1 slice of orange

¼ tsp ginger

The Nest convenience store

located in Louisville Hall.

basicpantry
UofL Campus Health Services UofL Dining Services, by students



Mulled Apple Cider

Nutrition Facts	
Serving Size 1 cup	
Serving per Recipe 1	
Amount per Serving	
Calories 140	Calories from Fat 12.0
	% Daily Value
Total Fat 1.33 g	2%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 31.17mg	1%
Total Carbohydrate 32.34g	10%
Dietary Fiber 4.02g	16%
Sugars 22.73g	
Protein 0.54g	1%
Est. Percent Calories From:	
Fat	8%
Carbs	92%
Protein	1%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	

Tip! Pour cider into a travel mug on cold mornings; that way it's portable and you don't have to buy another drink on campus to keep you warm!

louisville.edu/healthpromotion

