



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Caramel Apple Spice With Whipped Cream

Caramel Apple Spice With Whipped Cream is a delicious hot drink made with apple juice, caramel syrup, and warming spices. It is topped with a dollop of whipped cream for added indulgence. This drink is perfect for cozy evenings or as a special treat during the holiday season.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

4 c	Apple juice
4 tbsp	caramel syrup
2 tsp	Cinnamon
1 tsp	Nutmeg

1 c whipped cream

Directions

Step 1

Stove

In a saucepan, heat the apple juice over medium heat.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Stove

Stir in the caramel syrup, cinnamon, and nutmeg. Simmer for 5 minutes.

Prep Time: 1 mins

Cook Time: 5 mins

Step 3

Remove from heat and let cool slightly.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Pour the caramel apple spice into mugs and top with whipped cream.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 1 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	50 mg	5%	5%
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Lunch

Dinner

Snack

Course

Main Dishes

Desserts

Sauces & Dressings

Cultural

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Difficulty Level

Easy

Visit our website: healthdor.com