



## New York Cider Country

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# Cider Nutrition & Health Benefits

Apple cider has much of the same health benefits of a whole apple because of the way it is made.

The cider maker blends different varieties of apples for the best taste based on their sweet or tart characteristics. Different cider makers have different recipes depending on the apple varieties used. Apples are washed, then chopped into a mash and then squeezed or pressed to get the maximum amount of juice from the pulp.

Most cider is pasteurized which involves heating it just long enough to kill bacteria but not affecting the flavor. Apple juice is pasteurized for longer periods and at higher temperatures to make it shelf stable.

## Nutrition Facts

Serving Size 8 fl oz (240 mL)

Servings Per Container XX

Amount per Serving

**Calories 120**

% Daily Value\*

**Total Fat 0g** 0%

**Sodium 60mg** 3%

**Potassium 135mg** 4%

**Total Carbohydrate 30g** 10%

Sugars 30g

**Protein 0g**

Vitamin C 6% \* Iron 2%

Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, vitamin A and calcium.

\*Percent Daily Values are based on a 2,000 calorie diet.

Source: U.S. Apple © Association.

## Is Cider Pasteurized or UV Treated?

Most New York State cider is either pasteurized or treated with Ultra Violet (UV) light. Both processes are approved by the Food and Drug Administration, (FDA).

The pasteurization process involves heating the freshly pressed cider to 160 degrees for a few seconds. The high temperature kills bacteria that might be there. The cider is then immediately cooled to prevent it from getting a "cooked" taste. This process is the same process used to pasteurize milk. When done properly, pasteurization does not affect the flavor of the cider. Consumer tests have indicated that people cannot tell the difference between the flavor of pasteurized and un-pasteurized cider. Also, the nutritional value does not change. Some people simply prefer to drink fresh cider without any heat treatment or added preservatives.

UV treatment is a non-thermal process that meets FDA guidelines to obtain a 5- log reduction of pertinent pathogens. This is equivalent to 99.999% safe. The UV or Ultra Violet treatment has the cider pass by an ultraviolet light which kills harmful bacteria.