

Apple-Ale Wassail



Vegetarian



Dairy Free

READY IN



185 min.

SERVINGS



5

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 oz ale
- ☐ 1 apples diced
- ☐ 2 cups apple cider
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 0.1 teaspoon ground cardamom
- ☐ 1 cup pink lemonade kool-aid
- ☐ 1 cup port

☐ 2 allspice whole

Equipment

☐ ladle

☐ slow cooker

Directions

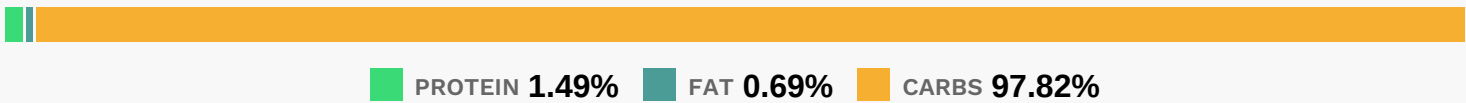
☐ Stir together ale, apple cider, port, lemonade, brown sugar, diced apple, whole allspice, 2 (3-inch) cinnamon sticks, whole cloves, cardamom in a 5-qt. slow cooker. Cover and cook on LOW 3 hours or until hot.

☐ Remove diced apple, if desired. Ladle into mugs.

☐ Garnish, if desired.

☐ Note: We tested with Sierra Nevada Tumbler Autumn Brown Ale.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:11.44, Inflammation Score:-6, Nutrition Score:3.898260873297%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Petunidin: 3.18mg, Petunidin: 3.18mg, Petunidin: 3.18mg, Petunidin: 3.18mg Delphinidin: 1.87mg, Delphinidin: 1.87mg, Delphinidin: 1.87mg, Delphinidin: 1.87mg Malvidin: 45.52mg, Malvidin: 45.52mg, Malvidin: 45.52mg, Malvidin: 45.52mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 6.9mg, Catechin: 6.9mg, Catechin: 6.9mg, Catechin: 6.9mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 10.92mg, Epicatechin: 10.92mg, Epicatechin: 10.92mg, Epicatechin: 10.92mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 350.72kcal (17.54%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 66.65g (22.22%), Net Carbohydrates: 64.82g (23.57%), Sugar: 54.23g (60.25%), Cholesterol: 0mg (0%), Sodium: 26.32mg (1.14%), Alcohol: 12.65g (100%), Alcohol %: 4.04% (100%), Protein: 1.01g (2.03%), Manganese: 0.43mg (21.57%), Potassium: 266.09mg (7.6%), Fiber: 1.83g (7.31%), Calcium: 60.89mg (6.09%), Magnesium: 23mg (5.75%), Vitamin B6: 0.11mg (5.52%), Vitamin B3: 0.96mg (4.79%), Vitamin B2: 0.07mg (4.05%), Iron: 0.66mg (3.67%), Phosphorus: 36.33mg (3.63%), Copper: 0.07mg (3.51%), Vitamin C: 2.6mg (3.16%), Vitamin B1: 0.04mg (2.79%), Folate: 9.69µg (2.42%), Selenium: 1.59µg (2.27%), Vitamin B5: 0.19mg (1.88%), Vitamin K: 1.24µg (1.18%)