



Autumn Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



7

CALORIES



258 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apples
- ☐ 2 cinnamon sticks whole
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup mirin dry
- ☐ 2 bottles sauvignon blanc white wine dry white such as sauvignon blanc
- ☐ 1 bottle wine dry such as cabernet sauvignon
- ☐ 1 optional: lemon sliced
- ☐ 1 cranberry-orange relish sliced

- ☐ 2 tablespoons sugar
- ☐ 0.3 cup mirin sweet
- ☐ 1 cup vodka

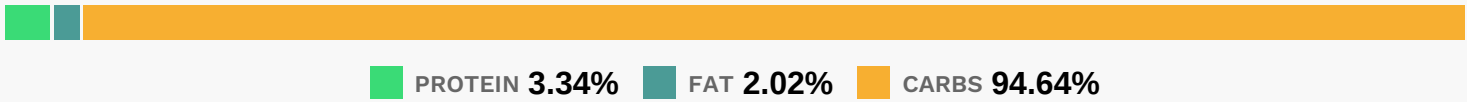
Equipment

- ☐ sauce pan

Directions

- ☐ Simmer spices, vermouths, cranberry juice, and sugar in a small saucepan.
- ☐ Remove from heat and let steep 1 hour.
- ☐ Chill remaining ingredients in a large container. Strain spice mixture into wine mixture and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:35.16, Glycemic Load:8.96, Inflammation Score:-6, Nutrition Score:3.9082608935626%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 3.56mg, Petunidin: 3.56mg, Petunidin: 3.56mg, Petunidin: 3.56mg Delphinidin: 4.48mg, Delphinidin: 4.48mg, Delphinidin: 4.48mg, Delphinidin: 4.48mg Malvidin: 28.11mg, Malvidin: 28.11mg, Malvidin: 28.11mg, Malvidin: 28.11mg Peonidin: 1.99mg, Peonidin: 1.99mg, Peonidin: 1.99mg, Peonidin: 1.99mg Catechin: 8.48mg, Catechin: 8.48mg, Catechin: 8.48mg, Catechin: 8.48mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 12.77mg, Epicatechin: 12.77mg, Epicatechin: 12.77mg, Epicatechin: 12.77mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 3.3mg, Eriodictyol: 3.3mg, Eriodictyol: 3.3mg, Eriodictyol: 3.3mg Hesperetin: 9.4mg, Hesperetin: 9.4mg, Hesperetin: 9.4mg, Hesperetin: 9.4mg Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg, Naringenin: 2.95mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 258.12kcal (12.91%), Fat: 0.22g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 20.88g (7.59%), Sugar: 16.18g (17.98%), Cholesterol: 0mg (0%), Sodium: 2.41mg (0.1%), Alcohol: 24.9g (100%), Alcohol %: 10.76% (100%), Protein: 0.81g (1.61%), Vitamin C: 25.72mg (31.17%), Manganese: 0.19mg (9.52%), Fiber: 1.91g (7.65%), Vitamin E: 0.98mg (6.53%), Vitamin K: 4.39µg (4.18%), Potassium: 134.65mg (3.85%), Vitamin B6: 0.07mg (3.5%), Copper: 0.07mg (3.29%), Calcium: 28.41mg (2.84%), Vitamin B1: 0.03mg (2.26%), Iron: 0.4mg (2.23%), Magnesium: 8.94mg (2.23%), Folate: 8.63µg (2.16%), Phosphorus: 18.8mg (1.88%), Vitamin B2: 0.03mg (1.86%), Vitamin A: 90.62IU (1.81%)