



Belgian Wassail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 gal. apple cider
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 clove garnish: -studded orange
- ☐ 2 lemons
- ☐ 2 oranges
- ☐ 1 cup sugar
- ☐ 1 teaspoon allspice whole

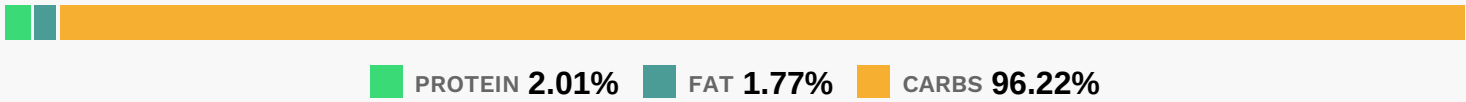
Equipment

- ☐ bowl
- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Squeeze juice from oranges and lemons into a bowl, reserving rinds.
- ☐ Bring citrus juice, rinds, apple cider, and next 3 ingredients to a boil over medium-high heat. Reduce heat, and simmer 25 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a container, discarding solids.
- ☐ Garnish, if desired.
- ☐ Note: This may be enjoyed hot or cold. To serve warm, keep the beverage in coffee carafes or a slow cooker.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:10.28, Inflammation Score:-1, Nutrition Score:1.9717391249926%

Flavonoids

Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg Hesperetin: 8.8mg, Hesperetin: 8.8mg, Hesperetin: 8.8mg, Hesperetin: 8.8mg Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 65.8kcal (3.29%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 16.17g (5.88%), Sugar: 15.32g (17.03%), Cholesterol: 0mg (0%), Sodium: 0.72mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin C: 17.11mg (20.74%), Manganese: 0.1mg (5.02%), Fiber: 1.14g (4.57%), Calcium: 17.74mg (1.77%), Folate: 6.99µg (1.75%), Potassium: 57.38mg (1.64%), Vitamin B1: 0.02mg (1.43%), Vitamin B6: 0.02mg (1.17%)