

Christmas Kir



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 quarts sparkling apple juice chilled
- ☐ 11.5 oz cranberry-raspberry fruit juice concentrate canned
- ☐ 0.5 cup cranberries dried
- ☐ 1 optional: lemon rinsed (2 in. wide)
- ☐ 1 cranberry-orange relish rinsed
- ☐ 0.3 cup sugar

Equipment

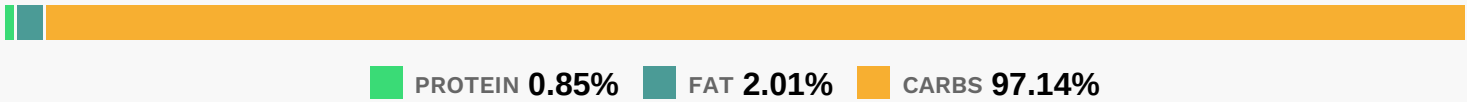
- ☐ food processor

- ☐ frying pan
- ☐ peeler

Directions

- ☐ Slice lemon crosswise, discarding seeds and ends. With a vegetable peeler, pare peel from orange (colored part only); reserve orange for another use. In a food processor, whirl lemon and orange peel until finely chopped.
- ☐ In a 3- to 4-quart pan, combine citrus mixture, sugar, fruit juice concentrate, and dried cranberries. Boil over high heat, stirring often, until reduced to 1 1/2 cups, 3 to 4 minutes. Cover and chill until cold, at least 1 hour.
- ☐ Stir cranberry base. Spoon 1 tablespoon of the mixture, including fruit, into each glass (at least 1-cup size), add 3/4 cup sparkling apple juice, stir, and serve.

Nutrition Facts



Properties

Glycemic Index:5.59, Glycemic Load:9.7, Inflammation Score:-1, Nutrition Score:2.114782590581%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epicatechin: 8.36mg, Epicatechin: 8.36mg, Epicatechin: 8.36mg, Epicatechin: 8.36mg Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 118.86kcal (5.94%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 29.07g (10.57%), Sugar: 25.32g (28.13%), Cholesterol: 0mg (0%), Sodium: 7.69mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 10.23mg (12.4%), Manganese: 0.15mg (7.64%), Potassium: 197.24mg (5.64%), Vitamin B1: 0.04mg (2.98%), Fiber: 0.67g (2.67%), Magnesium: 10.14mg (2.53%), Vitamin B2: 0.04mg (2.16%), Vitamin B6: 0.04mg (2.14%), Calcium: 18.02mg (1.8%), Vitamin B5: 0.16mg (1.57%), Iron: 0.28mg (1.53%), Phosphorus: 14.19mg (1.42%), Copper: 0.03mg (1.39%)