



Cinnamon-Cranberry Steamer

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



129 kcal

SIDE DISH

Ingredients

- 2 cups cranberry-apple juice drink
- 1 tablespoon juice of lemon
- 3 tablespoons cinnamon decorator candies red (such as Hots)
- 1 cup water

Equipment

- sauce pan

Directions

- Combine cranberry–apple juice drink, water, and candies in a small saucepan. Bring to a boil, stirring until candies dissolve.
- Remove from heat; stir in lemon juice.

Nutrition Facts

PROTEIN 0.54% **FAT 1.52%** **CARBS 97.94%**

Properties

Glycemic Index:13.58, Glycemic Load:7.48, Inflammation Score:-1, Nutrition Score:1.4213043642433%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 129.35kcal (6.47%), Fat: 0.23g (0.35%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 32.6g (11.85%), Sugar: 28.21g (31.34%), Cholesterol: 0mg (0%), Sodium: 10.61mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Manganese: 0.12mg (6.15%), Potassium: 172.14mg (4.92%), Vitamin C: 3.42mg (4.15%), Vitamin B1: 0.04mg (2.39%), Magnesium: 9.36mg (2.34%), Vitamin B2: 0.03mg (1.7%), Copper: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.6%), Calcium: 15.89mg (1.59%), Fiber: 0.35g (1.38%), Phosphorus: 11.97mg (1.2%), Iron: 0.2mg (1.12%)