



Cold Spiced Pomegranate Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 1 stick cinnamon (2 1/2-inch-long)
- ☐ 5 slices ginger fresh thin
- ☐ 1 chunks orange zest
- ☐ 0.5 cup pineapple juice
- ☐ 32 oz pomegranate juice refrigerated 100%
- ☐ 4 cups grape juice white

Equipment

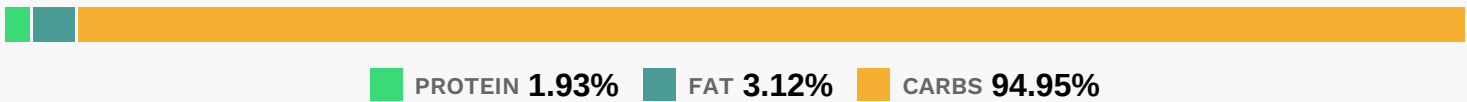
- ☐ sieve

☐ dutch oven

Directions

- ☐ Cook cinnamon stick, cloves, and ginger in a Dutch oven over medium heat, stirring constantly, 2 to 3 minutes or until cinnamon is fragrant.
- ☐ Gradually stir in juices. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer 15 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a heat-proof pitcher; discard solids.
- ☐ Let stand 30 minutes. Cover and chill 2 hours. Store in refrigerator up to 2 days. Stir and serve over ice.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used POM Wonderful 100% Pomegranate Juice and Welch's 100% White Grape Juice.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:3.6395651937827%

Flavonoids

Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg Petunidin: 1.03mg, Petunidin: 1.03mg, Petunidin: 1.03mg, Petunidin: 1.03mg Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg Malvidin: 11.3mg, Malvidin: 11.3mg, Malvidin: 11.3mg, Malvidin: 11.3mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 117.72kcal (5.89%), Fat: 0.42g (0.65%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 28.3g (10.29%), Sugar: 27g (30%), Cholesterol: 0mg (0%), Sodium: 13.63mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Manganese: 0.45mg (22.55%), Vitamin K: 9.99µg (9.51%),

Potassium: 320.6mg (9.16%), Folate: 24.06µg (6.01%), Magnesium: 18.55mg (4.64%), Vitamin B6: 0.08mg (4.14%), Vitamin B5: 0.32mg (3.18%), Calcium: 26.47mg (2.65%), Phosphorus: 25.68mg (2.57%), Vitamin B1: 0.04mg (2.54%), Copper: 0.05mg (2.45%), Vitamin E: 0.36mg (2.39%), Iron: 0.42mg (2.31%), Fiber: 0.53g (2.13%), Vitamin B3: 0.38mg (1.91%), Vitamin C: 1.57mg (1.9%), Vitamin B2: 0.03mg (1.87%), Zinc: 0.18mg (1.17%)