



Cranberry Eggnog



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



313 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup cranberries
- ☐ 1 quart eggnog
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup water
- ☐ 0.5 cup sugar white

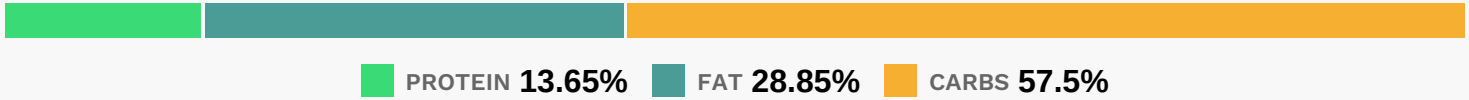
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a small saucepan over medium heat, combine cranberries and water. Bring to a boil and cook until the cranberries are mushy. Stir in sugar and nutmeg; remove from heat.
- ☐ Pour the eggnog into a blender along with the cranberry mixture and mix until well blended.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.02, Glycemic Load:28.5, Inflammation Score:-4, Nutrition Score:9.7234782084175%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 312.82kcal (15.64%), Fat: 10.19g (15.68%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 45.14g (16.41%), Sugar: 44.67g (49.64%), Cholesterol: 139.59mg (46.53%), Sodium: 131.29mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.7%), Calcium: 311.51mg (31.15%), Vitamin B2: 0.46mg (26.89%), Phosphorus: 260.32mg (26.03%), Vitamin D: 2.84µg (18.93%), Vitamin B12: 1.06µg (17.74%), Selenium: 10.11µg (14.44%), Magnesium: 47.21mg (11.8%), Potassium: 402.62mg (11.5%), Vitamin B5: 1.02mg (10.23%), Vitamin A: 495.38IU (9.91%), Zinc: 1.12mg (7.46%), Vitamin C: 5.31mg (6.44%), Vitamin B6: 0.13mg (6.31%), Vitamin B1: 0.08mg (5.58%), Vitamin E: 0.66mg (4.41%), Manganese: 0.07mg (3.62%), Iron: 0.53mg (2.94%), Copper: 0.05mg (2.71%), Fiber: 0.55g (2.22%), Vitamin B3: 0.27mg (1.34%), Vitamin K: 1.33µg (1.27%)