

# Cranberry Glogg

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



7

CALORIES



207 kcal

SIDE DISH

## Ingredients

- 4 cardamom pods crushed
- 1 sticks cinnamon
- 2 cinnamon sticks (3 inches)
- 4 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 1 cup golden raisins
- 2 cups grape juice
- 0.3 cup sugar

## Equipment

- frying pan
- sauce pan
- cheesecloth

## Directions

- In a large saucepan, combine the cranberry juice, wine, raisins and sugar.
- Place the cinnamon, cardamom and cloves on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag.
- Add to the pan.
- Bring just to a simmer (do not boil). Reduce heat; simmer gently, uncovered, for 15 minutes or until flavors are blended. Discard spice bag.
- Serve warm in mugs with additional cinnamon if desired.

## Nutrition Facts

■ PROTEIN **3.03%** ■ FAT **1.96%** ■ CARBS **95.01%**

## Properties

Glycemic Index:28.25, Glycemic Load:23.69, Inflammation Score:-2, Nutrition Score:6.7121738584145%

## Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 1.39mg, Delphinidin: 1.39mg, Delphinidin: 1.39mg, Delphinidin: 1.39mg Malvidin: 8.07mg, Malvidin: 8.07mg, Malvidin: 8.07mg, Malvidin: 8.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg 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: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 207.19kcal (10.36%), Fat: 0.5g (0.76%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 53.89g (17.96%), Net Carbohydrates: 51.66g (18.78%), Sugar: 47.18g (52.42%), Cholesterol: 0mg (0%), Sodium: 9.42mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.43%), Manganese: 0.82mg (40.94%), Vitamin C: 14.48mg (17.55%), Vitamin E: 1.79mg (11.96%), Potassium: 360.42mg (10.3%), Fiber: 2.23g (8.94%), Copper: 0.18mg

(8.88%), Vitamin B6: 0.17mg (8.51%), Vitamin K: 8.86µg (8.43%), Iron: 1.2mg (6.67%), Magnesium: 26.67mg (6.67%), Phosphorus: 55.73mg (5.57%), Calcium: 49.97mg (5%), Vitamin B2: 0.08mg (4.73%), Zinc: 0.38mg (2.5%), Vitamin B3: 0.5mg (2.48%), Vitamin B1: 0.03mg (1.97%), Vitamin A: 75.26IU (1.51%)