



Cranberry-Orange Warmer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 16 oz cranberries frozen thawed
- ☐ 6 oz lemonade concentrate frozen thawed canned
- ☐ 6 oz orange juice concentrate frozen thawed canned
- ☐ 1 cup sugar
- ☐ 8 cups water

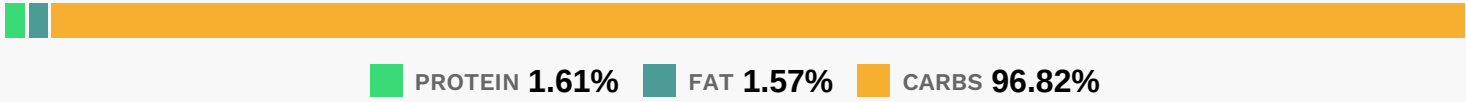
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan, bring cranberries, cinnamon stick and water to a boil. Boil for 5 minutes. Strain, discarding cranberries and cinnamon stick. Return juice to saucepan.
- ☐ Add juice concentrates and sugar to saucepan; stir until sugar melts.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:7.84, Inflammation Score:-2, Nutrition Score:2.2565217251363%

Flavonoids

Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 11.15mg, Peonidin: 11.15mg, Peonidin: 11.15mg, Peonidin: 11.15mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 78.62kcal (3.93%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 19.04g (6.92%), Sugar: 17.26g (19.18%), Cholesterol: 0mg (0%), Sodium: 6.49mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin C: 16.63mg (20.16%), Manganese: 0.12mg (5.89%), Fiber: 1.02g (4.08%), Vitamin E: 0.36mg (2.41%), Potassium: 78.72mg (2.25%), Vitamin B1: 0.03mg (1.86%), Folate: 7.38µg (1.85%), Vitamin B6: 0.04mg (1.85%), Copper: 0.04mg (1.76%), Magnesium: 5.98mg (1.5%), Vitamin B2: 0.02mg (1.26%), Vitamin B5: 0.12mg (1.25%), Vitamin K: 1.24µg (1.18%), Calcium: 10.33mg (1.03%)