



Cranberry Wassail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cloves whole
- 6 allspice whole
- 48 oz cranberry juice cocktail (6 cups)
- 0.5 cup brown sugar packed
- 0.5 teaspoon nutmeg
- 750 ml wine dry red
- 1 slices cranberry-orange relish
- 1 sticks cinnamon

Equipment

- sauce pan
- dutch oven
- cheesecloth

Directions

- Tie whole spices in 2 layers of cheesecloth or place in tea ball.
- In large saucepan or Dutch oven, mix cranberry juice cocktail, brown sugar and nutmeg; add spices. Cook over medium heat, stirring occasionally, until sugar is dissolved. Reduce heat. Cover; simmer 10 minutes.
- Stir in wine; cook until thoroughly heated.
- Remove spices.
- Serve wassail warm; garnish each glass with orange slice and cinnamon stick.

Nutrition Facts

 **PROTEIN 0.34%**  **FAT 1.39%**  **CARBS 98.27%**

Properties

Glycemic Index:16.04, Glycemic Load:9.26, Inflammation Score:-4, Nutrition Score:3.4834781841415%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg Delphinidin: 2.66mg, Delphinidin: 2.66mg, Delphinidin: 2.66mg, Delphinidin: 2.66mg Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.64mg, Peonidin: 1.64mg, Peonidin: 1.64mg, Peonidin: 1.64mg Catechin: 5.1mg, Catechin: 5.1mg, Catechin: 5.1mg, Catechin: 5.1mg Epicatechin: 7.88mg, Epicatechin: 7.88mg, Epicatechin: 7.88mg, Epicatechin: 7.88mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 150.8kcal (7.54%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 26.22g (9.53%), Sugar: 22.53g (25.03%), Cholesterol: 0mg (0%), Sodium: 5.19mg (0.23%), Alcohol: 6.66g (100%), Alcohol %: 4.5% (100%), Protein: 0.09g (0.18%), Vitamin C: 48.62mg (58.94%), Manganese: 0.18mg (8.78%), Vitamin E: 0.27mg (1.78%), Calcium: 15.52mg (1.55%), Vitamin K: 1.37µg (1.3%), Iron: 0.22mg (1.23%)