Cupola House Wassail

Vegetarian Vegan Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	22	199 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 4 apple rings dried
- [ ] 1 gallon apple cider
- [ ] 3 sticks cinnamon (3-inch)
- [ ] 0.5 teaspoon ground allspice
- [ ] 1 tablespoon ground cloves
- [ ] 1 optional: lemon thinly sliced
- [ ] 24 ounce lemonade concentrate frozen thawed canned
- [ ] 1 cranberry-orange relish thinly sliced

- [ ] 4 cups white wine

Equipment

- [ ] bowl
- [ ] frying pan

Directions

- [ ] Combine apple cider, thawed lemonade concentrate, cinnamon sticks, ground cloves, and ground allspice in a large nonaluminum pan. Bring to a boil, reduce heat, and simmer 15 minutes.
- [ ] Place dried apple rings, orange slices, and lemon slices in the bottom of a punch bowl.
- [ ] Add white wine. Stir in warm cider mixture.

Nutrition Facts

PROTEIN **1.14%** FAT **2.88%** CARBS **95.98%**

Properties

Glycemic Index:7.99, Glycemic Load:9.49, Inflammation Score:-3, Nutrition Score:3.8913043426431%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 10.84mg, Epicatechin: 10.84mg, Epicatechin: 10.84mg, Epicatechin: 10.84mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 3.17mg, Hesperetin: 3.17mg, Hesperetin: 3.17mg, Hesperetin: 3.17mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 199.02kcal (9.95%), Fat: 0.56g (0.87%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 40.47g (14.71%), Sugar: 34.87g (38.75%), Cholesterol: 0mg (0%), Sodium: 12.5mg (0.54%), Alcohol:

4.49g (100%), Alcohol %: 1.96% (100%), Protein: 0.5g (1.01%), Manganese: 0.45mg (22.28%), Vitamin C: 12.93mg (15.67%), Potassium: 285.31mg (8.15%), Fiber: 1.87g (7.47%), Magnesium: 18.83mg (4.71%), Vitamin B6: 0.08mg (4.1%), Vitamin B1: 0.06mg (3.86%), Calcium: 32.31mg (3.23%), Vitamin B2: 0.05mg (2.86%), Phosphorus: 27.96mg (2.8%), Iron: 0.5mg (2.79%), Copper: 0.04mg (2.14%), Vitamin B5: 0.19mg (1.87%), Folate: 6.03µg (1.51%), Vitamin K: 1.5µg (1.43%), Vitamin B3: 0.27mg (1.35%), Vitamin E: 0.16mg (1.05%)