



Currant Warmer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

Ingredients



32 ounce cranberry juice drink



0.5 cup juice of lemon



24 ounce pineapple juice unsweetened canned



12 ounce currant jelly red



1 cup water

Equipment

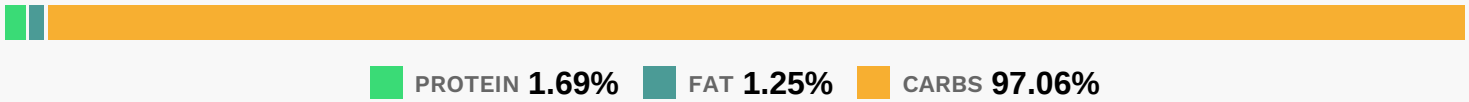


sauce pan

Directions

☐ Heat jelly and 1 cup water in a large saucepan over medium heat, stirring often, until jelly is melted. Stir in juices, and cook until mixture is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:57, Inflammation Score:-4, Nutrition Score:11.846086844154%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 437.62kcal (21.88%), Fat: 0.63g (0.97%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 110.26g (36.75%), Net Carbohydrates: 108.67g (39.52%), Sugar: 86.44g (96.04%), Cholesterol: 0mg (0%), Sodium: 38.42mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin C: 57.39mg (69.56%), Manganese: 0.89mg (44.75%), Vitamin E: 2.9mg (19.36%), Copper: 0.34mg (17.07%), Vitamin B6: 0.32mg (15.95%), Potassium: 492.66mg (14.08%), Folate: 48.34µg (12.09%), Vitamin K: 12.08µg (11.5%), Magnesium: 39.84mg (9.96%), Vitamin B1: 0.14mg (9.33%), Vitamin B2: 0.15mg (8.57%), Iron: 1.54mg (8.53%), Fiber: 1.59g (6.38%), Phosphorus: 61.69mg (6.17%), Calcium: 60.87mg (6.09%), Zinc: 0.49mg (3.24%), Selenium: 2.13µg (3.04%), Vitamin B3: 0.6mg (3.02%), Vitamin A: 112.39IU (2.25%), Vitamin B5: 0.15mg (1.52%)