

December Fruity

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

Ingredients

- 6 cardamom pods whole
- 12 ounce cranberry juice cocktail concentrate frozen thawed canned
- 2.7 cups water
- 4 cups grape juice white

Equipment

- sauce pan

Directions

- Combine first 4 ingredients in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 10 minutes.
- Remove from heat; let cool.
- Strain juice mixture into a pitcher; discard whole spices.
- Add cranberry juice concentrate and water, stirring well. Chill thoroughly.
- Note: For Sangria, mix equal parts of December Fruity with your favorite dry red wine.

Nutrition Facts

PROTEIN 1.52% **FAT 1.39%** **CARBS 97.09%**

Properties

Glycemic Index:1.25, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:8.7595654026322%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 2.58mg, Petunidin: 2.58mg, Petunidin: 2.58mg, Petunidin: 2.58mg Delphinidin: 4.86mg, Delphinidin: 4.86mg, Delphinidin: 4.86mg, Delphinidin: 4.86mg Malvidin: 28.26mg, Malvidin: 28.26mg, Malvidin: 28.26mg, Malvidin: 28.26mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 2.68mg, Peonidin: 2.68mg, Peonidin: 2.68mg, Peonidin: 2.68mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 332.08kcal (16.6%), Fat: 0.53g (0.82%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 83.18g (27.73%), Net Carbohydrates: 81.66g (29.7%), Sugar: 72.07g (80.08%), Cholesterol: 0mg (0%), Sodium: 24.48mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Manganese: 1.56mg (78.19%), Vitamin C: 39.84mg (48.29%), Potassium: 338.36mg (9.67%), Magnesium: 38mg (9.5%), Iron: 1.31mg (7.26%), Vitamin B6: 0.13mg (6.48%), Fiber: 1.52g (6.06%), Vitamin B5: 0.54mg (5.36%), Calcium: 53.41mg (5.34%), Copper: 0.1mg (4.96%), Vitamin B1: 0.07mg (4.57%), Phosphorus: 45.01mg (4.5%), Vitamin B2: 0.07mg (4.15%), Zinc: 0.48mg (3.18%), Vitamin B3: 0.4mg (2.02%)