

Eskimo Kiss (Spiced Pomegranate-Apple Cider)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



246 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 allspice
- ☐ 2 quarts apple cider fresh
- ☐ 8 cinnamon sticks
- ☐ 1 quart pom wonderful pomegranate juice 100% freshly squeezed
- ☐ 6 star anise

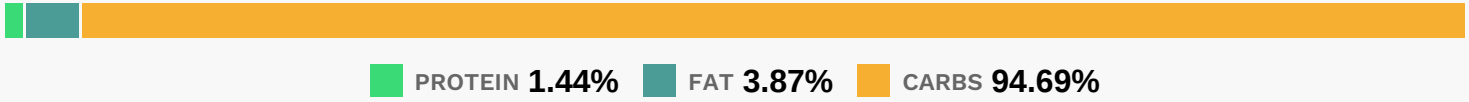
Equipment

- ☐ sauce pan

Directions

- ☐ Place all ingredients in a saucepan.
- ☐ Heat to just under a boil for 20 minutes.
- ☐ Remove from heat and cover.Steep for two hours.Strain and serve hot with a cinnamon stick garnish.

Nutrition Facts



Properties

Glycemic Index:10.96, Glycemic Load:14.37, Inflammation Score:-3, Nutrition Score:8.5595652655415%

Flavonoids

Cyanidin: 3.85mg, Cyanidin: 3.85mg, Cyanidin: 3.85mg, Cyanidin: 3.85mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg, Epicatechin: 14.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 245.7kcal (12.29%), Fat: 1.1g (1.69%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 57.26g (20.82%), Sugar: 50.32g (55.91%), Cholesterol: 0mg (0%), Sodium: 27.59mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Manganese: 1.23mg (61.36%), Potassium: 692.75mg (19.79%), Vitamin K: 17.86µg (17.01%), Fiber: 3.46g (13.82%), Calcium: 97.13mg (9.71%), Folate: 38.31µg (9.58%), Magnesium: 31.58mg (7.9%), Iron: 1.31mg (7.27%), Vitamin B6: 0.13mg (6.71%), Vitamin B1: 0.09mg (6.3%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.74mg (4.93%), Copper: 0.1mg (4.85%), Vitamin B2: 0.08mg (4.84%), Phosphorus: 47.04mg (4.7%), Vitamin C: 3.46mg (4.2%), Vitamin B3: 0.7mg (3.48%), Zinc: 0.35mg (2.3%), Selenium: 0.99µg (1.41%)