



Fizzy Spiced Pomegranate Sipper



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 1 stick cinnamon (2 1/2-inch-long)
- ☐ 5 slices ginger fresh thin
- ☐ 33.8 oz ginger ale
- ☐ 1 chunks garnishes: pineapple orange rind curls
- ☐ 0.5 cup pineapple juice
- ☐ 32 oz pomegranate juice refrigerated 100%
- ☐ 4 cups grape juice white

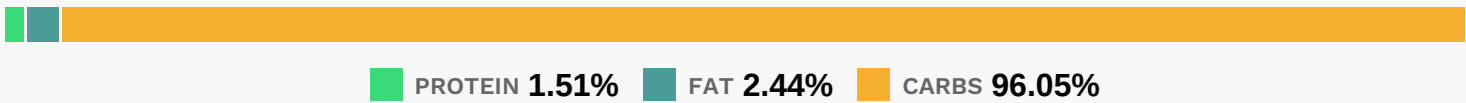
Equipment

- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Cook cinnamon stick, cloves, and ginger in a Dutch oven over medium heat, stirring constantly, 2 to 3 minutes or until cinnamon is fragrant.
- ☐ Gradually stir in juices. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer 15 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a heat-proof pitcher; discard solids.
- ☐ Let stand 30 minutes. Cover and chill 2 hours. Store in refrigerator up to 2 days. Stir in ginger ale just before serving, and serve over ice.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used POM Wonderful 100% Pomegranate Juice and Welch's 100% White Grape Juice.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:6, Inflammation Score:-1, Nutrition Score:3.789565226954%

Flavonoids

Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg Petunidin: 1.03mg, Petunidin: 1.03mg, Petunidin: 1.03mg, Petunidin: 1.03mg Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg Malvidin: 11.3mg, Malvidin: 11.3mg, Malvidin: 11.3mg, Malvidin: 11.3mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 150.3kcal (7.52%), Fat: 0.42g (0.65%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 36.7g (13.34%), Sugar: 35.53g (39.48%), Cholesterol: 0mg (0%), Sodium: 20.34mg (0.88%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Manganese: 0.46mg (23.17%), Vitamin K: 9.99µg (9.51%), Potassium: 321.55mg (9.19%), Folate: 24.06µg (6.01%), Magnesium: 19.51mg (4.88%), Vitamin B6: 0.08mg (4.14%), Copper: 0.07mg (3.31%), Iron: 0.59mg (3.27%), Vitamin B5: 0.32mg (3.18%), Calcium: 29.35mg (2.93%), Phosphorus: 25.68mg (2.57%), Vitamin B1: 0.04mg (2.54%), Vitamin E: 0.36mg (2.39%), Fiber: 0.53g (2.13%), Vitamin B3: 0.38mg (1.91%), Vitamin C: 1.57mg (1.9%), Vitamin B2: 0.03mg (1.87%), Zinc: 0.22mg (1.49%)