



Golden Wassail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



144 kcal

SIDE DISH

Ingredients



1 quart apple cider



11.5 ounce all-natural apricot nectar canned



9 servings garnish: cinnamon sticks



2 sticks cinnamon (2-inch)



0.3 teaspoon ground cardamom



1 cup orange juice



1 quart pineapple juice unsweetened



0.3 teaspoon salt

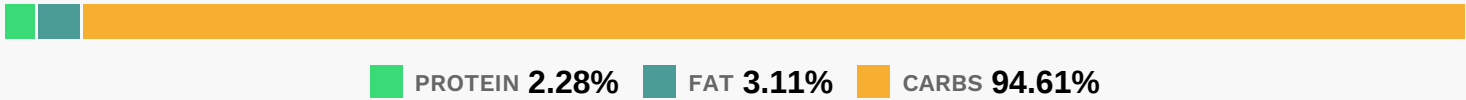
Equipment

☐ dutch oven

Directions

- ☐ Combine all ingredients in a large Dutch oven; bring to a boil over medium-high heat, stirring occasionally. Reduce heat, and simmer 15 minutes.
- ☐ Remove cinnamon and cloves; garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:12.39, Inflammation Score:-6, Nutrition Score:8.2165216401867%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 143.82kcal (7.19%), Fat: 0.52g (0.8%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 33.48g (12.18%), Sugar: 27.62g (30.69%), Cholesterol: 0mg (0%), Sodium: 74.37mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Manganese: 1.12mg (56.21%), Vitamin C: 36.12mg (43.78%), Vitamin A: 546.33IU (10.93%), Potassium: 334.89mg (9.57%), Vitamin B1: 0.13mg (8.69%), Fiber: 2g (8.01%), Vitamin B6: 0.15mg (7.65%), Folate: 27.72µg (6.93%), Magnesium: 24.51mg (6.13%), Calcium: 57.18mg (5.72%), Copper: 0.11mg (5.69%), Iron: 0.78mg (4.35%), Vitamin B2: 0.05mg (3.23%), Vitamin B3: 0.49mg (2.44%), Phosphorus: 24.14mg (2.41%), Vitamin B5: 0.21mg (2.07%), Vitamin E: 0.26mg (1.7%), Vitamin K: 1.64µg (1.57%), Zinc: 0.22mg (1.44%)