



Holiday Hot Fruit Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



23

CALORIES



92 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 46 ounce apple juice canned
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 teaspoon ground nutmeg
- ☐ 46 ounce orange juice canned
- ☐ 2 medium oranges quartered
- ☐ 46 ounce pineapple juice canned

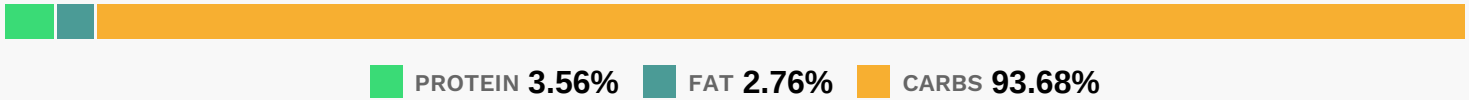
Equipment

- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally.
- ☐ Insert cloves into rinds of orange quarters.
- ☐ Add pineapple juice, orange juice, and sweetener to apple juice mixture; stir well.
- ☐ Add orange quarters. Cook 5 minutes or until mixture is thoroughly heated. (Do not boil.)
- ☐ Remove and discard orange quarters and cinnamon stick.
- ☐ Serve warm. If desired, garnish with orange slices or cinnamon sticks.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:6.05, Inflammation Score:-4, Nutrition Score:4.9043477540431%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 2.96mg, Naringenin: 2.96mg, Naringenin: 2.96mg, Naringenin: 2.96mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 91.8kcal (4.59%), Fat: 0.3g (0.46%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 21.3g (7.75%), Sugar: 19.4g (21.55%), Cholesterol: 0mg (0%), Sodium: 3.43mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 40.26mg (48.8%), Vitamin B1: 0.13mg (8.73%), Potassium: 262.55mg (7.5%), Folate: 23.34µg (5.83%), Fiber: 1.34g (5.34%), Copper: 0.1mg (4.95%), Magnesium: 18.97mg (4.74%), Vitamin B6: 0.08mg (4.13%), Manganese: 0.08mg (4.09%), Vitamin A: 168.48IU (3.37%), Calcium: 26.09mg (2.61%), Vitamin B2: 0.04mg (2.54%), Vitamin B3: 0.46mg (2.32%), Iron: 0.37mg (2.04%), Phosphorus: 19.45mg (1.95%), Vitamin B5: 0.16mg (1.65%)