



Homemade Cranberry Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



201 kcal

BEVERAGE

DRINK

Ingredients

- 2 quarts water
- 8 cups cranberries fresh
- 1.5 cups sugar
- 0.5 cup juice of lemon
- 0.5 cup orange juice

Equipment

- frying pan
- sauce pan

- sieve
- dutch oven

Directions

- In a Dutch oven or large saucepan, bring water and cranberries to a boil. Reduce heat; cover and simmer until berries begin to pop, 20 minutes.
- Strain through a fine strainer, pressing mixture with a spoon; discard berries. Return cranberry juice to the pan. Stir in the sugar, lemon juice and orange juice. Bring to a boil; cook and stir until sugar is dissolved.
- Remove from the heat. Cool.
- Transfer to a pitcher; cover and refrigerate until chilled.

Nutrition Facts

PROTEIN 1.17% **FAT 1.34%** **CARBS 97.49%**

Properties

Glycemic Index:20.89, Glycemic Load:30.78, Inflammation Score:-4, Nutrition Score:4.9608696232671%

Flavonoids

Cyanidin: 46.43mg, Cyanidin: 46.43mg, Cyanidin: 46.43mg, Cyanidin: 46.43mg Delphinidin: 7.67mg, Delphinidin: 7.67mg, Delphinidin: 7.67mg, Delphinidin: 7.67mg Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 49.16mg, Peonidin: 49.16mg, Peonidin: 49.16mg, Peonidin: 49.16mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 6.64mg, Myricetin: 6.64mg, Myricetin: 6.64mg, Myricetin: 6.64mg Quercetin: 14.94mg, Quercetin: 14.94mg, Quercetin: 14.94mg, Quercetin: 14.94mg

Nutrients (% of daily need)

Calories: 200.71kcal (10.04%), Fat: 0.32g (0.49%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 48.34g (17.58%), Sugar: 43.38g (48.2%), Cholesterol: 0mg (0%), Sodium: 14.51mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin C: 27.65mg (33.52%), Manganese:

0.37mg (18.28%), Fiber: 3.68g (14.71%), Vitamin E: 1.35mg (8.99%), Copper: 0.11mg (5.29%), Vitamin K: 5.02µg (4.78%), Potassium: 127.46mg (3.64%), Vitamin B6: 0.07mg (3.51%), Vitamin B5: 0.34mg (3.44%), Magnesium: 10.99mg (2.75%), Folate: 8.7µg (2.18%), Vitamin B2: 0.03mg (2%), Vitamin B1: 0.03mg (1.97%), Vitamin A: 91.92IU (1.84%), Calcium: 18.09mg (1.81%), Iron: 0.29mg (1.62%), Phosphorus: 14.85mg (1.49%)