



Hot Cider Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups apple juice
- ☐ 0.3 cup brown sugar
- ☐ 2 cinnamon sticks
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 teaspoons ground allspice
- ☐ 2.5 cups pineapple juice unsweetened

Equipment

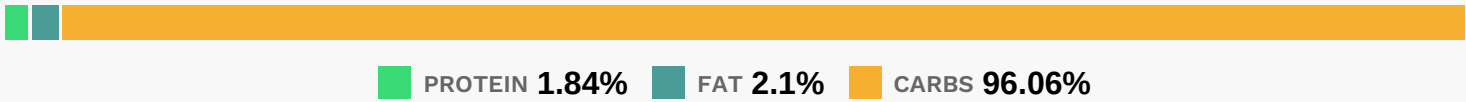
- ☐ frying pan

cheesecloth

Directions

- Stir the apple juice, pineapple juice, and cranberry juice together with the brown sugar in a large pan.
- Place the cinnamon sticks, cloves, and ground allspice into a large teaball or cheesecloth bag.
- Place the spice bag into the pan with the juice mixture.
- Heat the juice mixture over medium-high heat about 10 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:6.85, Inflammation Score:-1, Nutrition Score:2.5543478338615%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 74.97kcal (3.75%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 18.43g (6.7%), Sugar: 16.35g (18.16%), Cholesterol: 0mg (0%), Sodium: 4.72mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Manganese: 0.33mg (16.33%), Vitamin C: 7.64mg (9.26%), Potassium: 136.88mg (3.91%), Vitamin B6: 0.07mg (3.43%), Vitamin E: 0.43mg (2.86%), Copper: 0.06mg (2.82%), Magnesium: 10.19mg (2.55%), Vitamin B1: 0.04mg (2.44%), Calcium: 21.26mg (2.13%), Fiber: 0.52g (2.07%), Iron: 0.35mg (1.94%), Folate: 7.58µg (1.89%), Vitamin K: 1.98µg (1.89%), Vitamin B2: 0.02mg (1.36%), Phosphorus: 11.75mg (1.18%)