



Hot Cranberry Citrus Drink

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients

- 3 cinnamon sticks
- 12 ounces cranberries fresh
- 2 tablespoons juice of lemon
- 2 cups orange juice
- 1 cup pineapple juice
- 1 cup sugar
- 10 cups water

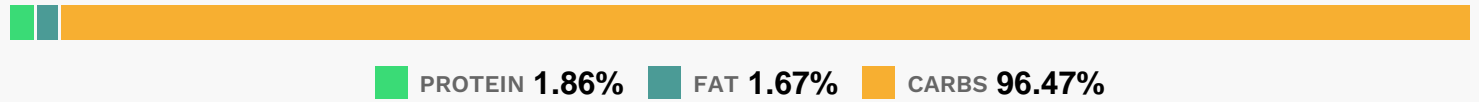
Equipment

- sauce pan
- cheesecloth

Directions

- In a large saucepan, bring cranberries and water to a boil. Reduce heat; simmer for 5–7 minutes or until berries pop. Stir in the remaining ingredients; return to a boil. Reduce heat; simmer, uncovered, for 25–30 minutes.
- Strain through cheesecloth; discard pulp and cinnamon sticks.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:16.06, Inflammation Score:-3, Nutrition Score:4.2095652196718%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 108.94kcal (5.45%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 26.09g (9.49%), Sugar: 23.36g (25.96%), Cholesterol: 0mg (0%), Sodium: 11.51mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin C: 27.6mg (33.46%), Manganese: 0.36mg (18.04%), Fiber: 1.61g (6.46%), Folate: 16.78µg (4.19%), Copper: 0.08mg (4.19%), Potassium: 137.59mg (3.93%), Vitamin B1: 0.05mg (3.52%), Magnesium: 11.25mg (2.81%), Vitamin E: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.74%), Calcium: 24.37mg (2.44%), Vitamin A: 103.39IU (2.07%), Vitamin B5: 0.18mg (1.8%), Vitamin K: 1.79µg (1.71%), Iron:

0.29mg (1.62%), Vitamin B2: 0.03mg (1.54%), Phosphorus: 12.48mg (1.25%), Vitamin B3: 0.25mg (1.24%)