



Hot Cranberry Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 48 ounce 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 4 cups pineapple juice
- ☐ 2 teaspoons allspice whole

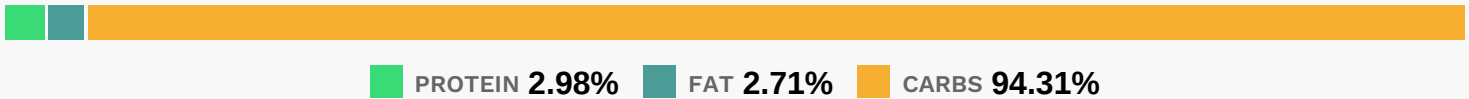
Equipment

- ☐ sauce pan
- ☐ cheesecloth

Directions

- ☐ Cut a 6-inch square of cheesecloth; place cloves and allspice in center, and tie with string.
- ☐ Combine spice bag, pineapple juice, and cranberry juice in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 5 minutes.
- ☐ Remove and discard spice bag.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:14.8, Inflammation Score:-2, Nutrition Score:5.531304354253%

Nutrients (% of daily need)

Calories: 115.22kcal (5.76%), Fat: 0.38g (0.58%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 28.92g (10.52%), Sugar: 25.89g (28.76%), Cholesterol: 0mg (0%), Sodium: 5.37mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 22.48mg (27.25%), Manganese: 0.5mg (25.24%), Vitamin E: 1.65mg (11.01%), Vitamin B6: 0.17mg (8.36%), Copper: 0.15mg (7.27%), Vitamin K: 7.22µg (6.88%), Potassium: 237.79mg (6.79%), Magnesium: 20.82mg (5.21%), Folate: 18.71µg (4.68%), Vitamin B1: 0.07mg (4.53%), Iron: 0.7mg (3.9%), Calcium: 29.67mg (2.97%), Vitamin B2: 0.04mg (2.64%), Phosphorus: 26.36mg (2.64%), Fiber: 0.54g (2.15%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.25mg (1.67%), Vitamin A: 71.28IU (1.43%)