



Hot Cranberry Drink

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



137 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups cranberries fresh
- 6 cups water divided
- 1 cup sugar
- 0.3 cup cinnamon candies
- 7 cloves whole
- 0.5 cup orange juice
- 0.3 cup juice of lemon

Equipment

sauce pan

sieve

Directions

In a saucepan, cook cranberries in 2 cups water until they pop. Strain through a fine sieve, reserving juice and discarding skins; set aside.

In a large saucepan, combine the sugar, candies, cloves and remaining water. Cook until candies are dissolved.

Add orange and lemon juices and reserved cranberry juice; heat though. Discard cloves.

Serve hot.

Nutrition Facts

PROTEIN **0.72%** FAT **1.15%** CARBS **98.13%**

Properties

Glycemic Index:20.89, Glycemic Load:19.22, Inflammation Score:-2, Nutrition Score:2.2460869485917%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 136.74kcal (6.84%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 34.43g (12.52%), Sugar: 32.15g (35.72%), Cholesterol: 0mg (0%), Sodium: 10.34mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 14.2mg (17.21%), Manganese: 0.2mg (9.97%), Fiber: 1.01g (4.05%), Copper: 0.05mg (2.64%), Vitamin E: 0.36mg (2.42%), Potassium: 61.14mg (1.75%),

Folate: 6.47µg (1.62%), Magnesium: 5.89mg (1.47%), Vitamin K: 1.51µg (1.44%), Vitamin B1: 0.02mg (1.27%), Vitamin B6: 0.02mg (1.23%), Vitamin B5: 0.11mg (1.14%), Calcium: 10.84mg (1.08%)