



Hot Spiced Fruit Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup apricot dried diced
- 1 stick cinnamon (3-inch)
- 5 strips lemon zest (3 x 3/4-inch)
- 2 cups orange juice
- 4 cups cranberries
- 2 tablespoons sugar
- 0.3 cup cranberries dried sweetened (such as Craisins)
- 2 ginger tea bags

1 teaspoon allspice whole

Equipment

frying pan

sauce pan

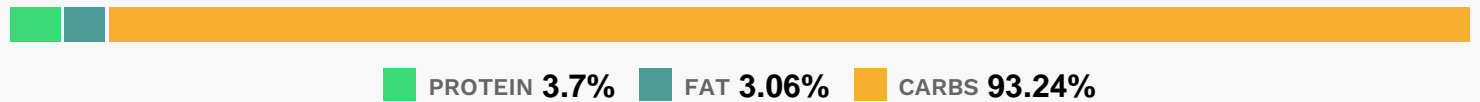
Directions

Combine first 6 ingredients in a large saucepan; cook mixture 30 minutes over medium-low heat.

Remove from heat; let stand 30 minutes. Strain mixture; discard solids. Return juice mixture to pan; stir in cranberries, apricots, and sugar. Cook over medium-low heat 30 minutes, stirring occasionally.

Pour into mugs; serve with a cinnamon stick, if desired.

Nutrition Facts



Properties

Glycemic Index:27.56, Glycemic Load:8.08, Inflammation Score:-5, Nutrition Score:5.6652173542458%

Flavonoids

Cyanidin: 23.24mg, Cyanidin: 23.24mg, Cyanidin: 23.24mg, Cyanidin: 23.24mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.44mg, Myricetin: 3.44mg, Myricetin: 3.44mg, Myricetin: 3.44mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 86.9kcal (4.35%), Fat: 0.32g (0.49%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 19.16g (6.97%), Sugar: 15.29g (16.99%), Cholesterol: 0mg (0%), Sodium: 2.8mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin C: 39.11mg (47.41%), Manganese: 0.3mg (15.15%), Fiber: 2.85g (11.41%), Vitamin E: 0.95mg (6.35%), Potassium: 222.36mg (6.35%), Vitamin A: 305.34IU (6.11%), Folate: 19.84µg (4.96%), Vitamin B1: 0.06mg (4.27%), Copper: 0.08mg (3.86%), Vitamin B6: 0.06mg (3.18%), Magnesium: 12.46mg (3.11%), Vitamin B5: 0.3mg (2.98%), Vitamin K: 3.11µg (2.96%), Iron: 0.45mg (2.49%), Calcium: 22.72mg (2.27%), Vitamin B3: 0.45mg (2.25%), Phosphorus: 20.28mg (2.03%), Vitamin B2: 0.03mg (2.02%)