



Macerated Winter Fruit

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- 0.5 cup apple juice
- 1 stick cinnamon (3-inch)
- 2 cups gala apple diced (2 apples)
- 1 tablespoon grand marnier orange-flavored (liqueur)
- 1 cup pink grapefruit sections (1 large grapefruit)
- 1 tablespoon honey
- 1 tablespoon juice of lemon fresh
- 1 cup pineapple fresh diced

- 1 cup grapes red seedless halved
- 0.5 cup cranberries dried sweetened

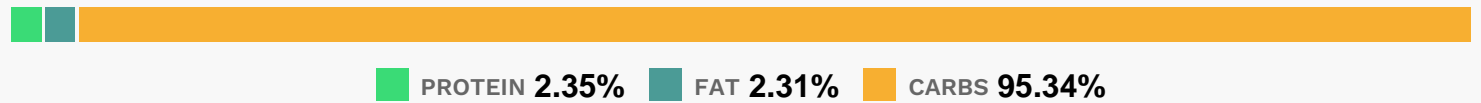
Equipment

- bowl
- sauce pan

Directions

- Combine diced pineapple, apple juice, honey, and cinnamon stick in a small saucepan over medium heat; cook for 2 minutes or until honey dissolves, stirring frequently.
- Pour into a large bowl.
- Add apple and remaining ingredients, and toss gently to combine. Cover and refrigerate for 1 hour or up to 24 hours. Discard cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:32.46, Glycemic Load:6.54, Inflammation Score:-4, Nutrition Score:4.2578260943941%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.08mg, Epicatechin: 3.08mg, Epicatechin: 3.08mg, Epicatechin: 3.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 9.41mg, Naringenin: 9.41mg, Naringenin: 9.41mg, Naringenin: 9.41mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 97.37kcal (4.87%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 22.44g (8.16%), Sugar: 19.99g (22.22%), Cholesterol: 0mg (0%), Sodium: 2.21mg (0.1%), Alcohol: 0.49g (100%), Alcohol %: 0.48% (100%), Protein: 0.61g (1.22%), Vitamin C: 21.78mg (26.4%), Manganese: 0.33mg (16.62%), Fiber: 2.34g (9.38%), Vitamin A: 373.48IU (7.47%), Potassium: 155.89mg (4.45%), Vitamin K: 4.3µg (4.1%), Vitamin B6: 0.08mg (3.76%), Copper: 0.07mg (3.72%), Vitamin B1: 0.05mg (3.46%), Vitamin B2: 0.04mg (2.55%), Magnesium: 9.51mg (2.38%), Folate: 9.22µg (2.3%), Vitamin E: 0.31mg (2.05%), Calcium: 19.36mg (1.94%), Vitamin B5: 0.18mg (1.78%), Phosphorus: 16.38mg (1.64%), Iron: 0.29mg (1.59%), Vitamin B3: 0.29mg (1.46%)