



Mulled Cranberry Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



266 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup brown sugar
- 2 sticks cinnamon
- 4 cup 1/4 cup dried cranberry (juice sweetened if possible) chilled divided
- 0.3 teaspoon orange bitters
- 2 strips orange zest
- 0.8 cup rum
- 0.5 teaspoon vanilla extract pure

Equipment

sauce pan

Directions

- Combine 2 cups cranberry juice, sugar, zest, cinnamon, and cloves in a saucepan.
- Simmer over medium heat until sugar dissolves. let stand about 30 minutes.
- Strain into a pitcher; stir in vanilla, rum, bitters (if using), and remaining 2 cups cranberry juice. Divide among 5 ice-filled glasses.

Nutrition Facts

PROTEIN 1.78% FAT 1.29% CARBS 96.93%

Properties

Glycemic Index:15.2, Glycemic Load:13.73, Inflammation Score:-3, Nutrition Score:4.8652174472809%

Nutrients (% of daily need)

Calories: 266.05kcal (13.3%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 46.68g (16.97%), Sugar: 45.94g (51.05%), Cholesterol: 0mg (0%), Sodium: 10.76mg (0.47%), Alcohol: 12.27g (100%), Alcohol %: 5.92% (100%), Protein: 0.88g (1.76%), Vitamin C: 19.42mg (23.54%), Vitamin E: 2.46mg (16.42%), Manganese: 0.27mg (13.3%), Vitamin K: 10.76µg (10.25%), Copper: 0.13mg (6.73%), Vitamin B6: 0.12mg (5.88%), Potassium: 193.3mg (5.52%), Calcium: 49.17mg (4.92%), Iron: 0.8mg (4.43%), Fiber: 0.99g (3.95%), Magnesium: 15.1mg (3.78%), Phosphorus: 29.64mg (2.96%), Vitamin B2: 0.04mg (2.31%), Vitamin A: 96.89IU (1.94%), Zinc: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.41%), Vitamin B3: 0.24mg (1.19%)