



Mulled Cranberry Drink



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups apple juice
- ☐ 1 sticks garnishes: cinnamon orange whole
- ☐ 48 ounce cranberry juice drink
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground cloves
- ☐ 0.8 teaspoon ground nutmeg
- ☐ 0.5 cup maple syrup
- ☐ 1 cranberry-orange relish sliced

☐ 3 cups orange juice

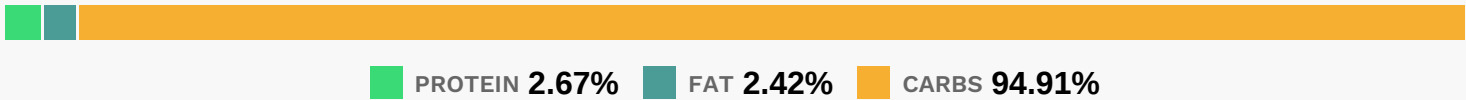
Equipment

☐ dutch oven

Directions

- ☐ Bring first 7 ingredients to a boil in a Dutch oven.
- ☐ Add orange slices just before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.53, Glycemic Load:21.05, Inflammation Score:-5, Nutrition Score:9.0065215774204%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 12.49mg, Hesperetin: 12.49mg, Hesperetin: 12.49mg, Hesperetin: 12.49mg Naringenin: 3.61mg, Naringenin: 3.61mg, Naringenin: 3.61mg, Naringenin: 3.61mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 181.91kcal (9.1%), Fat: 0.52g (0.79%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 44.57g (16.21%), Sugar: 40.81g (45.34%), Cholesterol: 0mg (0%), Sodium: 8.36mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin C: 57.56mg (69.77%), Manganese: 0.59mg (29.3%), Vitamin B2: 0.27mg (15.87%), Vitamin E: 1.71mg (11.43%), Potassium: 392.19mg (11.21%), Vitamin B1: 0.12mg (7.85%), Vitamin K: 7.32µg (6.97%), Folate: 27.81µg (6.95%), Magnesium: 25.61mg (6.4%), Copper: 0.13mg (6.28%), Vitamin B6: 0.12mg (6.16%), Calcium: 52.08mg (5.21%), Vitamin A: 241.76IU (4.84%), Fiber: 0.99g (3.97%), Phosphorus: 38.06mg (3.81%), Iron: 0.66mg (3.65%), Vitamin B3: 0.53mg (2.67%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.21mg (2.13%)