



Mulled Cranberry Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



706 kcal

SIDE DISH

Ingredients

- ☐ 4 sticks cinnamon (5-inch)
- ☐ 32 ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup juice of lemon
- ☐ 3 servings lemon zest
- ☐ 1 cup orange juice
- ☐ 2 cups sugar
- ☐ 2 qt water

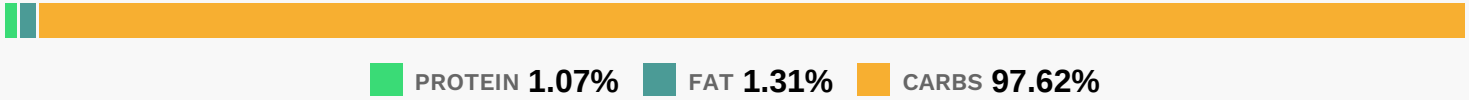
Equipment

Directions

- ☐
- Bring cranberry juice, water, sugar, lemon juice, cinnamon sticks, and cloves to a boil over medium-high heat. Reduce heat to medium, and simmer, stirring occasionally, 10 minutes. Discard solids; stir in orange juice.

☐☐

Nutrition Facts



Properties

Glycemic Index:61.03, Glycemic Load:118.02, Inflammation Score:-5, Nutrition Score:13.093478404957%

Flavonoids

Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg Hesperetin: 12.82mg, Hesperetin: 12.82mg, Hesperetin: 12.82mg, Hesperetin: 12.82mg Naringenin: 2.05mg, Naringenin: 2.05mg, Naringenin: 2.05mg, Naringenin: 2.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 705.73kcal (35.29%), Fat: 1.09g (1.68%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 183.49g (61.16%), Net Carbohydrates: 180.46g (65.62%), Sugar: 177.22g (196.91%), Cholesterol: 0mg (0%), Sodium: 40.44mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin C: 77.76mg (94.26%), Manganese: 0.83mg (41.72%), Vitamin E: 3.8mg (25.34%), Copper: 0.33mg (16.61%), Vitamin K: 16.96µg (16.15%), Potassium: 442.22mg (12.63%), Fiber: 3.03g (12.11%), Vitamin B6: 0.21mg (10.37%), Calcium: 101.79mg (10.18%), Magnesium: 37.6mg (9.4%), Folate: 32.2µg (8.05%), Iron: 1.39mg (7.75%), Vitamin B1: 0.11mg (7.18%), Vitamin B2: 0.11mg (6.45%), Vitamin A: 316.5IU (6.33%), Phosphorus: 58mg (5.8%), Zinc: 0.52mg (3.44%), Vitamin B3: 0.69mg (3.44%), Vitamin B5: 0.2mg (2.01%), Selenium: 1.35µg (1.93%)