



Mulled Cranberry Wine Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



81 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 4 to 6 cinnamon sticks (3 in.)
- ☐ 1 cup cranberries fresh
- ☐ 1 bottle cranberry juice cocktail (48 oz., 6 cups)
- ☐ 0.5 cup raisins
- ☐ 0.3 cup sugar
- ☐ 750 ml wine such as gamay beaujolais dry red fruity

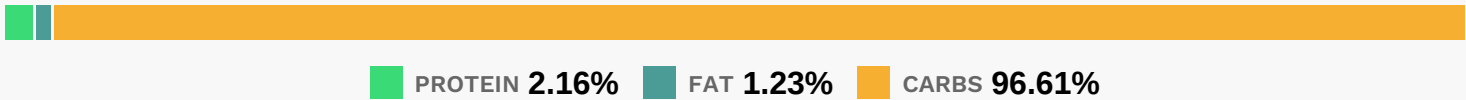
Equipment

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Sort cranberries, discarding bruised and decayed fruit. Rinse berries and put in a 5- to 6-quart pan; add cranberry juice cocktail, raisins, and cinnamon sticks. Bring to a boil over high heat; cover and simmer on low heat to blend flavors, about 20 minutes.
- ☐ Add wine and 1/4 to 1/2 cup sugar, to taste.
- ☐ Heat until steaming, 5 to 8 minutes; do not boil.
- ☐ Add almond extract and orange liqueur; keep punch warm over lowest heat and ladle into cups or stemmed glasses.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:5.19, Inflammation Score:-2, Nutrition Score:1.7817391273768%

Flavonoids

Cyanidin: 3.32mg, Cyanidin: 3.32mg, Cyanidin: 3.32mg, Cyanidin: 3.32mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.51mg, Peonidin: 3.51mg, Peonidin: 3.51mg, Peonidin: 3.51mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 80.8kcal (4.04%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 9.67g (3.52%), Sugar: 4.36g (4.85%), Cholesterol: 0mg (0%), Sodium: 4.47mg (0.19%), Alcohol: 5.75g (100%), Alcohol %: 10.18% (100%), Protein: 0.24g (0.48%), Manganese: 0.28mg (14.12%), Fiber: 1.14g (4.56%), Potassium: 107.05mg (3.06%), Iron: 0.44mg (2.43%), Vitamin B6: 0.04mg (2.24%), Magnesium: 8.6mg (2.15%), Calcium: 16.46mg (1.65%), Vitamin C: 1.35mg (1.63%), Phosphorus: 16.2mg (1.62%), Vitamin B2: 0.02mg (1.45%),

Copper: 0.03mg (1.36%)