



Mulled Pineapple Wine Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons ginger fresh minced
- ☐ 375 ml muscat dessert wine such as moscato d'asti
- ☐ 2 oranges rinsed
- ☐ 6 cups reconstituted pineapple juice refrigerated frozen canned
- ☐ 750 ml sauvignon blanc white wine dry white
- ☐ 0.3 cup sugar

Equipment

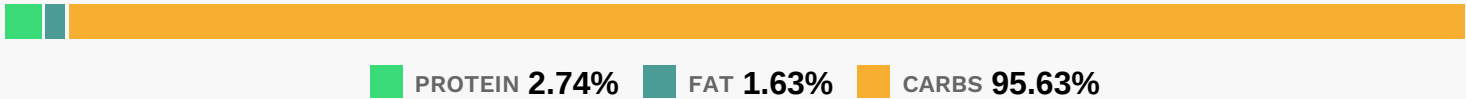
- ☐ frying pan

☐ ladle

Directions

- ☐ Trim and discard ends from oranges.
- ☐ Cut fruit crosswise into 1/4-inch-thick slices, discarding seeds. Put fruit in a 5- to 6-quart pan.
- ☐ Add pineapple juice, ginger, and sugar. Bring to a boil on high heat; cover and simmer on low heat to blend flavors, about 15 minutes.
- ☐ Add dry white wine and Muscat wine; heat until steaming, about 5 minutes. Do not boil.
- ☐ Keep punch warm over lowest heat; ladle into cups.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:10.69, Inflammation Score:-4, Nutrition Score:4.7717391628286%

Flavonoids

Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 165.9kcal (8.3%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 24.25g (8.82%), Sugar: 18g (20%), Cholesterol: 0mg (0%), Sodium: 2.55mg (0.11%), Alcohol: 9.3g (100%), Alcohol %: 4.93% (100%), Protein: 0.72g (1.43%), Manganese: 0.6mg (30.15%), Vitamin C: 23.47mg (28.45%), Folate: 27.92µg (6.98%), Vitamin B6: 0.13mg (6.65%), Vitamin B1: 0.09mg (5.85%), Potassium: 197.84mg (5.65%), Copper: 0.09mg (4.71%), Magnesium: 16.84mg (4.21%), Fiber: 0.78g (3.13%), Calcium: 24.3mg (2.43%), Iron: 0.4mg (2.2%), Vitamin B2: 0.03mg (2.04%), Vitamin B3: 0.31mg (1.53%), Phosphorus: 12.89mg (1.29%), Vitamin B5: 0.12mg (1.23%), Vitamin A: 55.03IU (1.1%)