



Mulled Pomegranate and Red Wine Punch



Vegetarian



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



2

CALORIES



735 kcal

BEVERAGE

DRINK

Ingredients

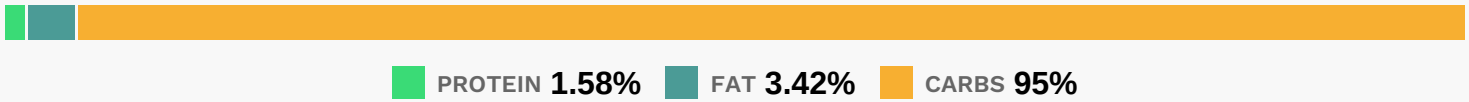
- ☐ 6 cardamom pods
- ☐ 2 cinnamon sticks
- ☐ 0.3 cup honey
- ☐ 1 qt pomegranate juice
- ☐ 750 ml red wine fruity such as zinfandel

Equipment

Directions

☐ Stir all ingredients together in a 4- to 6-qt. slow-cooker; cover. Cook until very hot, about 1 hour on high or 2 hours on low; once hot, keep warm on low heat up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:19.87, Inflammation Score:-9, Nutrition Score:18.281304437181%

Flavonoids

Cyanidin: 12.08mg, Cyanidin: 12.08mg, Cyanidin: 12.08mg, Cyanidin: 12.08mg Petunidin: 7.53mg, Petunidin: 7.53mg, Petunidin: 7.53mg, Petunidin: 7.53mg Delphinidin: 11.48mg, Delphinidin: 11.48mg, Delphinidin: 11.48mg, Delphinidin: 11.48mg Malvidin: 52.65mg, Malvidin: 52.65mg, Malvidin: 52.65mg, Malvidin: 52.65mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 4.76mg, Peonidin: 4.76mg, Peonidin: 4.76mg, Peonidin: 4.76mg Catechin: 27.16mg, Catechin: 27.16mg, Catechin: 27.16mg, Catechin: 27.16mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 14.42mg, Epicatechin: 14.42mg, Epicatechin: 14.42mg, Epicatechin: 14.42mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 6.73mg, Naringenin: 6.73mg, Naringenin: 6.73mg, Naringenin: 6.73mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg

Nutrients (% of daily need)

Calories: 734.99kcal (36.75%), Fat: 1.82g (2.8%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 113.76g (37.92%), Net Carbohydrates: 109.66g (39.88%), Sugar: 96.84g (107.61%), Cholesterol: 0mg (0%), Sodium: 60.93mg (2.65%), Alcohol: 40.32g (100%), Alcohol %: 5.64% (100%), Protein: 1.89g (3.78%), Manganese: 3.28mg (163.84%), Vitamin K: 51.82µg (49.36%), Potassium: 1599.98mg (45.71%), Folate: 118.42µg (29.61%), Magnesium: 95.46mg (23.86%), Vitamin B6: 0.44mg (21.78%), Iron: 3.53mg (19.61%), Fiber: 4.1g (16.39%), Phosphorus: 154.16mg (15.42%), Vitamin B5: 1.5mg (15.04%), Calcium: 143.07mg (14.31%), Vitamin B2: 0.22mg (12.79%), Vitamin E: 1.88mg (12.53%), Vitamin B3: 2.12mg (10.59%), Zinc: 1.56mg (10.43%), Copper: 0.19mg (9.57%), Vitamin B1: 0.1mg (6.84%), Selenium: 2.63µg (3.75%), Vitamin C: 2.08mg (2.52%)