



## New World Wassail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 allspice
- 1 quart cranberries (no sugar added)
- 1.5 quarts apple cider
- 0.5 cup brandy
- 4 sticks cinnamon sticks
- 0.3 cup cranberries
- 1 ginger
- 1 cranberry-orange relish sliced

# Equipment

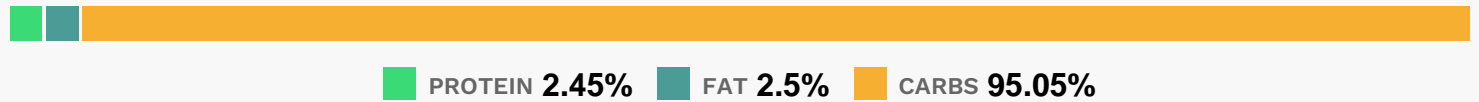
pot

slow cooker

# Directions

Place all ingredients except the brandy in a large, non-reactive pot or crockpot and bring to a low boil. Reduce the heat to the lowest setting and cover. Simmer for at least 2 hours (may be kept in a crock pot for 4 hours). About 15 minutes before serving, add the brandy and continue to simmer on low. Strain out the spices and fruit and serve with cinnamon sticks and fresh slices of orange.

# Nutrition Facts



# Properties

Glycemic Index:22.33, Glycemic Load:10.66, Inflammation Score:-5, Nutrition Score:6.1604347021683%

# Flavonoids

Cyanidin: 45.13mg, Cyanidin: 45.13mg, Cyanidin: 45.13mg, Cyanidin: 45.13mg Delphinidin: 7.45mg, Delphinidin: 7.45mg, Delphinidin: 7.45mg, Delphinidin: 7.45mg Malvidin: 0.43mg, Malvidin: 0.43mg, Malvidin: 0.43mg, Malvidin: 0.43mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 47.75mg, Peonidin: 47.75mg, Peonidin: 47.75mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 10.93mg, Epicatechin: 10.93mg, Epicatechin: 10.93mg, Epicatechin: 10.93mg Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 6.47mg, Myricetin: 6.47mg, Myricetin: 6.47mg, Myricetin: 6.47mg Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg

# Nutrients (% of daily need)

Calories: 148.14kcal (7.41%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 25.69g (9.34%), Sugar: 19.07g (21.19%), Cholesterol: 0mg (0%), Sodium: 8.05mg (0.35%), Alcohol: 4.01g (100%), Alcohol %: 1.91% (100%), Protein: 0.79g (1.57%), Manganese: 0.71mg (35.46%), Vitamin C: 21.97mg (26.63%), Fiber: 4.87g (19.5%), Vitamin E: 1.35mg (9.03%), Potassium: 255.01mg (7.29%), Vitamin K: 5.29µg (5.04%),

Vitamin B6: 0.09mg (4.62%), Copper: 0.09mg (4.34%), Vitamin B5: 0.4mg (3.95%), Calcium: 39.17mg (3.92%), Magnesium: 15.51mg (3.88%), Vitamin B1: 0.05mg (3.61%), Iron: 0.54mg (3%), Vitamin B2: 0.05mg (2.95%), Phosphorus: 24.18mg (2.42%), Vitamin A: 93.85IU (1.88%), Vitamin B3: 0.27mg (1.33%), Folate: 5.1µg (1.27%), Zinc: 0.16mg (1.06%)