



Old Virginia Wassail Cider



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



15

CALORIES



163 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 quarts apple cider
- ☐ 2 sticks cinnamon (3 inch)
- ☐ 0.5 cup honey
- ☐ 2 cups orange juice
- ☐ 46 fluid ounce pineapple juice canned

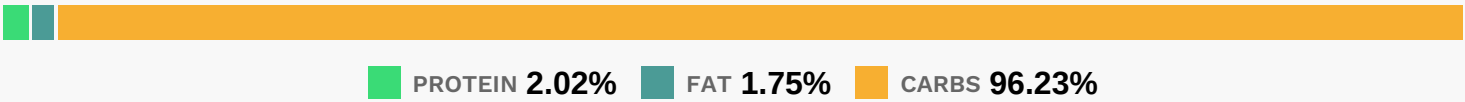
Equipment

- ☐ pot
- ☐ slow cooker

Directions

☐ In a large stock pot over medium heat, combine the apple cider, orange juice, pineapple juice, cinnamon sticks, cloves and honey. Bring to a boil, then simmer over low heat, or transfer to a slow cooker to keep warm while serving. Strain out cinnamon sticks and cloves before serving if desired.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:12.32, Inflammation Score:-3, Nutrition Score:4.7843478658925%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg, Epicatechin: 5.94mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 162.84kcal (8.14%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 39.73g (14.45%), Sugar: 37.13g (41.26%), Cholesterol: 0mg (0%), Sodium: 6.78mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin C: 26.27mg (31.84%), Vitamin B1: 0.15mg (9.92%), Manganese: 0.19mg (9.43%), Potassium: 313.91mg (8.97%), Fiber: 1.77g (7.07%), Copper: 0.13mg (6.62%), Magnesium: 24.05mg (6.01%), Vitamin B6: 0.11mg (5.37%), Folate: 14.71µg (3.68%), Calcium: 33.59mg (3.36%), Vitamin B2: 0.05mg (3.23%), Iron: 0.56mg (3.1%), Vitamin B3: 0.5mg (2.51%), Vitamin A: 114.11IU (2.28%), Phosphorus: 21.55mg (2.16%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.17mg (1.11%)