



## PDT's Winter Wassail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 allspice
- 12 servings cinnamon sticks
- 12 inches cinnamon sticks
- 0.5 gallon cider
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 0.5 cup juice of lemon fresh
- 2 cups orange juice fresh

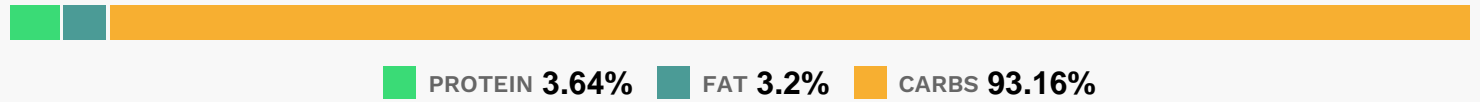
## Equipment

- sauce pan
- microwave

## Directions

- Combine cider, orange juice, lemon juice, cloves, cinnamon sticks, ginger, and nutmeg in a large saucepan. Bring to a simmer over medium-high heat, then reduce heat to maintain a gentle simmer. Cook for 45 minutes. Strain into a sealable container and allow to cool at room temperature for 1 hour.
- Add armagnac, seal container, and refrigerate until completely cool. Wassail can be stored in refrigerator for up to 5 days.
- For the Cocktail: Warm 4 ounces (1/2 cup) of prepared Wassail in a small saucepan over low heat or in a cup in the microwave. Preheat a mug by filling with boiling water and letting sit for 1 minute. Empty mug.
- Combine Armagnac, Swedish Punsch and allspice dram in mug. Top with warm wassail.
- Garnish with a cinnamon stick and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.25, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:4.0465216882851%

## Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 6.41mg, Hesperetin: 6.41mg, Hesperetin: 6.41mg, Hesperetin: 6.41mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 93.65kcal (4.68%), Fat: 0.18g (0.28%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 9.97g (3.62%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 7.17mg (0.31%), Alcohol: 7.89g (100%), Alcohol %: 4.71% (100%), Protein: 0.46g (0.91%), Vitamin C: 24.72mg (29.97%), Manganese: 0.56mg (28.07%), Fiber: 1.74g (6.95%), Folate: 14.69µg (3.67%), Calcium: 35.52mg (3.55%), Potassium: 107.55mg (3.07%),

Vitamin B1: 0.04mg (2.71%), Iron: 0.36mg (2%), Vitamin A: 92.28IU (1.85%), Magnesium: 7.3mg (1.82%), Copper: 0.03mg (1.56%), Vitamin B6: 0.03mg (1.33%), Vitamin B3: 0.22mg (1.12%), Vitamin B5: 0.1mg (1.03%), Phosphorus: 10.09mg (1.01%)