



Pineapple-Cranberry Wassail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 sticks cinnamon (3-inch)
- 1 cup cranberries fresh
- 1 tablespoon juice of lemon fresh
- 0.5 cup brown sugar light
- 1 navel oranges sliced
- 1 cup orange juice fresh
- 4 cups pineapple fresh cubed

Equipment

sauce pan

sieve

Directions

Bring first 7 ingredients and 4 cups water to a boil in a 4-qt. saucepan over medium-high heat. Reduce heat to medium-low, and simmer, stirring occasionally, 5 minutes.

Remove from heat, and pour through a fine wire-mesh strainer into a pitcher, discarding solids. Stir in lemon juice.

Serve immediately.

White Wine-Pineapple-Cranberry Wassail: Prepare recipe as directed, reducing water to 2 cups and stirring in 2 cups dry white wine with lemon juice.

Nutrition Facts

PROTEIN 2.8% FAT 1.47% CARBS 95.73%

Properties

Glycemic Index:10.71, Glycemic Load:4.16, Inflammation Score:-3, Nutrition Score:4.7817391228417%

Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.28mg, Peonidin: 3.28mg, Peonidin: 3.28mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 4.16mg, Hesperetin: 4.16mg, Hesperetin: 4.16mg, Hesperetin: 4.16mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 66.32kcal (3.32%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 15.75g (5.73%), Sugar: 13.95g (15.5%), Cholesterol: 0mg (0%), Sodium: 2.94mg (0.13%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin C: 36.15mg (43.82%), Manganese: 0.52mg (26.16%), Fiber: 1.35g (5.38%), Folate: 16.42µg (4.11%), Vitamin B1: 0.06mg (3.81%), Vitamin B6: 0.07mg (3.56%), Copper: 0.07mg (3.41%), Potassium: 114.65mg (3.28%), Magnesium: 9.53mg (2.38%), Calcium: 22.91mg (2.29%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.35mg (1.74%), Vitamin A: 87.08IU (1.74%), Iron: 0.28mg (1.55%), Vitamin B2: 0.03mg (1.5%)