



Pineapple Wassail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

SIDE DISH

Ingredients

- 2 cups apple cider
- 12 ounce all-natural apricot nectar canned
- 18 inch cinnamon sticks
- 4 servings garnishes: orange wedges whole
- 1 cup orange juice
- 4 cups pineapple juice unsweetened

Equipment

- sieve

dutch oven

Directions

Bring first 6 ingredients to a boil in a Dutch oven; reduce heat, and simmer 20 minutes.

Pour through a wire-mesh strainer, discarding spices.

Serve hot.

Garnish, if desired.

Nutrition Facts

PROTEIN **3.17%** FAT **3.07%** CARBS **93.76%**

Properties

Glycemic Index:46.56, Glycemic Load:26.04, Inflammation Score:-9, Nutrition Score:18.577826085298%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 31.93mg, Hesperetin: 31.93mg, Hesperetin: 31.93mg Naringenin: 15.11mg, Naringenin: 15.11mg, Naringenin: 15.11mg, Naringenin: 15.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 308.3kcal (15.42%), Fat: 1.11g (1.7%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 75.97g (25.32%), Net Carbohydrates: 70.5g (25.64%), Sugar: 59.51g (66.12%), Cholesterol: 0mg (0%), Sodium: 17.31mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin C: 128.97mg (156.33%), Manganese: 2.12mg (106.06%), Vitamin A: 1471.99IU (29.44%), Vitamin B1: 0.35mg (23.19%), Potassium: 789.26mg (22.55%), Folate: 89.2µg (22.3%), Fiber: 5.47g (21.87%), Vitamin B6: 0.37mg (18.73%), Magnesium: 56.99mg (14.25%), Copper: 0.28mg (13.81%), Calcium: 137.39mg (13.74%), Iron: 1.55mg (8.59%), Vitamin B2: 0.14mg (8.17%), Vitamin B5: 0.63mg (6.31%), Vitamin B3: 1.25mg (6.23%), Phosphorus: 57.41mg (5.74%), Vitamin E: 0.7mg (4.66%), Zinc: 0.49mg (3.23%), Vitamin K: 3.19µg (3.04%), Selenium: 1.01µg (1.44%)