



Pineapple Wassail



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 cup orange juice concentrate frozen
- ☐ 0.8 cup pineapple juice unsweetened
- ☐ 2 regular-size orange pekoe tea bags
- ☐ 2.5 cups water

Equipment

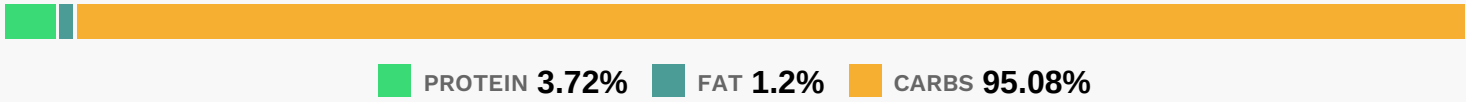
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 sauce pan

Directions

- ☐ Bring water to a boil; pour over tea bags. Cover; let stand 10 minutes. Discard bags.
- ☐ Combine tea and remaining ingredients in a saucepan; cook over medium-low heat 15 minutes or until heated. Discard whole spices.
- ☐ Pour into mugs.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:4.06, Inflammation Score:-2, Nutrition Score:3.9082609045765%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 62.98kcal (3.15%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 15.23g (5.54%), Sugar: 13.49g (14.99%), Cholesterol: 0mg (0%), Sodium: 6.44mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin C: 32.13mg (38.95%), Manganese: 0.23mg (11.47%), Folate: 20.39µg (5.1%), Potassium: 166.11mg (4.75%), Vitamin B1: 0.07mg (4.71%), Vitamin B6: 0.08mg (4.02%), Magnesium: 11.42mg (2.86%), Vitamin B2: 0.04mg (2.55%), Copper: 0.05mg (2.34%), Fiber: 0.53g (2.13%), Calcium: 18.92mg (1.89%), Vitamin A: 79.64IU (1.59%), Phosphorus: 14.99mg (1.5%), Vitamin B3: 0.29mg (1.43%), Vitamin B5: 0.13mg (1.34%), Iron: 0.21mg (1.18%)