

Poinsettia Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apple juice
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 2 cups cranberry juice cocktail
- ☐ 2 tablespoons orange juice
- ☐ 0.5 cup sugar
- ☐ 2 cups water

Equipment

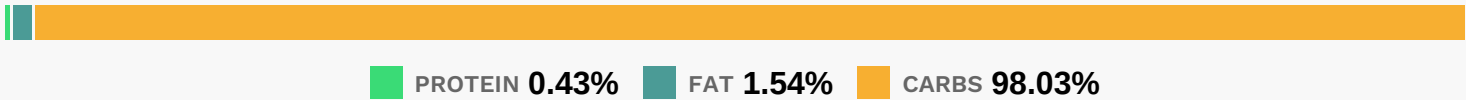
- ☐ frying pan

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Combine first 7 ingredients in a saucepan, stirring until sugar dissolves. Bring to a simmer; cover and cook 30 minutes.
- ☐ Remove cloves and cinnamon sticks from pan with a slotted spoon.
- ☐ Serve warm or chilled.
- ☐ Garnish with orange rind curls, if desired.
- ☐ Note: For a Poinsettia Cocktail, add 1 tablespoon vodka to each serving; the calories go up to 150 per serving.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:16.89, Inflammation Score:-1, Nutrition Score:2.8647826819316%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 114.87kcal (5.74%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 28.54g (10.38%), Sugar: 26.34g (29.27%), Cholesterol: 0mg (0%), Sodium: 6.96mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%), Vitamin C: 29.47mg (35.72%), Manganese: 0.23mg (11.51%), Potassium: 84mg (2.4%), Fiber: 0.6g (2.39%), Calcium: 17.99mg (1.8%), Copper: 0.03mg (1.45%), Magnesium: 5.32mg (1.33%), Iron: 0.23mg (1.25%), Vitamin B1: 0.02mg (1.14%), Vitamin E: 0.17mg (1.12%)