



Rittenhouse Inn Wassail Punch



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



314 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon apple cider fresh
- ☐ 10 ounces bourbon
- ☐ 3 cinnamon sticks
- ☐ 6 ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.5 inch ginger fresh peeled sliced
- ☐ 1 stick nutmeg per drink
- ☐ 0.8 cup brown sugar light packed
- ☐ 12 peppercorns cracked whole white

☐ 6 allspice whole

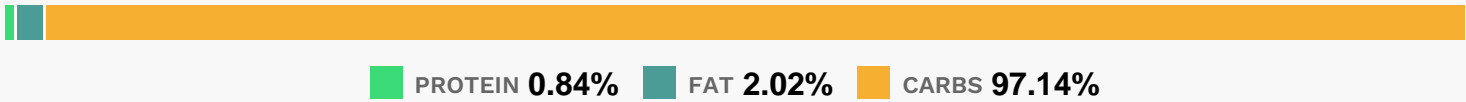
Equipment

- ☐ pot
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ To make the wassail, wrap the cloves, allspice, ginger, cinnamon sticks, and peppercorns in cheesecloth and tie with kitchen string.
- ☐ Combine the cider, cranberry juice, brown sugar, and spice bag in a large pot over high heat. Bring to a boil, then reduce heat and simmer 30 minutes.
- ☐ For each serving, put one ounce of the bourbon into a mug and fill it with hot Wassail.
- ☐ Garnish with a dusting of nutmeg and a cinnamon stick.
- ☐ The Wassail can be stored for several days in a covered container in the refrigerator. If you like lots of spice, you can make it a day ahead and leave the spice bag in the container overnight.
- ☐ From The American Cocktail: 50 Recipes that Celebrate the Craft of
- ☐ Mixing Drinks from Coast to Coast by the Editors of Imbibe Magazine. Text copyright © 2011 by Imbibe magazine; photographs copyright © 2011 by Sheri Giblin. Published by Chronicle Books.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:18.32, Inflammation Score:-3, Nutrition Score:4.0756521646095%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epicatechin: 17.83mg, Epicatechin: 17.83mg, Epicatechin: 17.83mg, Epicatechin: 17.83mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 314.05kcal (15.7%), Fat: 0.57g (0.88%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 62.12g (20.71%), Net Carbohydrates: 60.72g (22.08%), Sugar: 54.54g (60.6%), Cholesterol: 0mg (0%), Sodium: 20.6mg (0.9%), Alcohol: 9.47g (100%), Alcohol %: 2.71% (100%), Protein: 0.53g (1.07%), Manganese: 0.49mg (24.49%), Potassium: 424.98mg (12.14%), Vitamin C: 5.1mg (6.18%), Calcium: 56.81mg (5.68%), Magnesium: 22.59mg (5.65%), Fiber: 1.4g (5.62%), Vitamin B1: 0.08mg (5.57%), Vitamin B6: 0.09mg (4.33%), Iron: 0.74mg (4.11%), Vitamin B2: 0.07mg (4.08%), Copper: 0.08mg (3.76%), Phosphorus: 31.79mg (3.18%), Vitamin B5: 0.21mg (2.12%), Vitamin E: 0.27mg (1.78%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.2µg (1.14%)