



Rosy Mulled Punches

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



205 min.

SERVINGS



1

CALORIES



2487 kcal

BEVERAGE

DRINK

Ingredients

- 2 cinnamon sticks
- 1500 ml wine dry red (6 cups)
- 1 optional: lemon sliced
- 1 cranberry-orange relish sliced
- 6 cups cranberries
- 1 serving karo syrup
- 1 cup sugar
- 2 cups water

- 1 teaspoon allspice whole
- 1 serving frangelico
- 1 serving frangelico
- 1 serving frangelico
- 1 serving frangelico

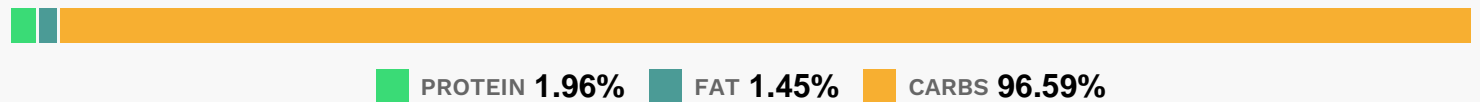
Equipment

- sauce pan

Directions

- In small saucepan, combine all syrup ingredients; mix well. Cook over medium heat until mixture comes to a boil, stirring constantly. Reduce heat; simmer 10 minutes.
- Strain syrup. Cool slightly. Refrigerate syrup at least 3 hours or until serving time.
- At serving time, place half of prepared syrup (about 1 1/4 cups) in each of 2 large saucepans. To one add raspberry-cranberry drink. To the other add wine. Simmer each over low heat until thoroughly heated.
- Serve hot with cinnamon sticks and citrus twists, if desired.

Nutrition Facts



Properties

Glycemic Index:203.09, Glycemic Load:169.8, Inflammation Score:-10, Nutrition Score:27.946521738301%

Flavonoids

Cyanidin: 278.58mg, Cyanidin: 278.58mg, Cyanidin: 278.58mg, Cyanidin: 278.58mg Petunidin: 50.52mg, Petunidin: 50.52mg, Petunidin: 50.52mg, Petunidin: 50.52mg Delphinidin: 109.62mg, Delphinidin: 109.62mg, Delphinidin: 109.62mg, Delphinidin: 109.62mg Malvidin: 401.92mg, Malvidin: 401.92mg, Malvidin: 401.92mg, Malvidin: 401.92mg Pelargonidin: 1.92mg, Pelargonidin: 1.92mg, Pelargonidin: 1.92mg, Pelargonidin: 1.92mg Peonidin: 323.11mg, Peonidin: 323.11mg, Peonidin: 323.11mg Catechin: 119.51mg, Catechin: 119.51mg, Catechin: 119.51mg, Catechin: 119.51mg Epigallocatechin: 4.44mg, Epigallocatechin: 4.44mg, Epigallocatechin: 4.44mg, Epigallocatechin: 4.44mg Epicatechin: 188.43mg, Epicatechin: 188.43mg, Epicatechin: 188.43mg, Epicatechin: 188.43mg Epigallocatechin 3-gallate: 5.82mg, Epigallocatechin 3-gallate: 5.82mg, Epigallocatechin 3-gallate: 5.82mg, Epigallocatechin 3-gallate: 5.82mg

5.82mg, Epigallocatechin 3-gallate: 5.82mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 65.83mg, Hesperetin: 65.83mg, Hesperetin: 65.83mg, Hesperetin: 65.83mg Naringenin: 20.66mg, Naringenin: 20.66mg, Naringenin: 20.66mg, Naringenin: 20.66mg Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 44.78mg, Myricetin: 44.78mg, Myricetin: 44.78mg, Myricetin: 44.78mg Quercetin: 99.69mg, Quercetin: 99.69mg, Quercetin: 99.69mg, Quercetin: 99.69mg

Nutrients (% of daily need)

Calories: 2487.12kcal (124.36%), Fat: 2.42g (3.72%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 360.98g (120.33%), Net Carbohydrates: 328.43g (119.43%), Sugar: 252.82g (280.91%), Cholesterol: 0mg (0%), Sodium: 59.22mg (2.57%), Alcohol: 159.77g (100%), Alcohol %: 6.6% (100%), Protein: 7.32g (14.65%), Vitamin C: 213.13mg (258.34%), Manganese: 3.6mg (180.04%), Fiber: 32.55g (130.2%), Vitamin E: 8.48mg (56.53%), Vitamin K: 32.18µg (30.65%), Copper: 0.58mg (28.78%), Potassium: 951.78mg (27.19%), Vitamin B6: 0.53mg (26.42%), Calcium: 261.4mg (26.14%), Vitamin B5: 2.33mg (23.28%), Magnesium: 73.33mg (18.33%), Iron: 3.19mg (17.72%), Vitamin B1: 0.24mg (15.71%), Folate: 59.37µg (14.84%), Vitamin A: 725.78IU (14.52%), Vitamin B2: 0.24mg (14%), Phosphorus: 111.67mg (11.17%), Vitamin B3: 1.32mg (6.59%), Zinc: 0.94mg (6.28%), Selenium: 3.24µg (4.62%)