



Santa's Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



9

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 46 oz apple juice
- ☐ 1 cranberry-orange relish cut into 1/4-inch-thick slices
- ☐ 1 cup orange juice
- ☐ 12 oz pomegranate juice

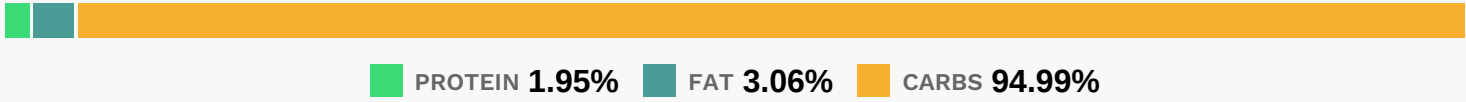
Equipment

- ☐ dutch oven

Directions

- ☐ Insert 4 cloves into white pith of each orange slice.
- ☐ Stir together orange slices and juices in a Dutch oven over medium-high heat; cook 10 minutes or until thoroughly heated. (Do not boil.)
- ☐ Serve with cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:15.03, Glycemic Load:8.6, Inflammation Score:-3, Nutrition Score:3.7930434190709%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epicatechin: 6.82mg, Epicatechin: 6.82mg, Epicatechin: 6.82mg, Epicatechin: 6.82mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 7.26mg, Hesperetin: 7.26mg, Hesperetin: 7.26mg, Hesperetin: 7.26mg Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 106.31kcal (5.32%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 25.18g (9.16%), Sugar: 22.38g (24.86%), Cholesterol: 0mg (0%), Sodium: 9.47mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 22.86mg (27.71%), Potassium: 308.69mg (8.82%), Manganese: 0.15mg (7.53%), Folate: 21.71µg (5.43%), Vitamin B1: 0.07mg (4.9%), Vitamin K: 3.96µg (3.77%), Magnesium: 14.38mg (3.59%), Vitamin B6: 0.06mg (3.05%), Fiber: 0.73g (2.93%), Vitamin B5: 0.27mg (2.67%), Vitamin B2: 0.04mg (2.61%), Calcium: 24.6mg (2.46%), Copper: 0.04mg (2.2%), Phosphorus: 21.02mg (2.1%), Vitamin A: 89.31IU (1.79%), Vitamin B3: 0.35mg (1.73%), Iron: 0.28mg (1.56%), Vitamin E: 0.2mg (1.3%)