



## Spiked Wassail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



360 min.

SERVINGS



18

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 allspice
- 2 quarts apple cider
- 5 small apples firm
- 0.3 cup t brown sugar dark packed
- 2 cups calvados
- 4 sticks cinnamon (4-inch)
- 1 quart cranberry juice cocktail
- 1 medium cranberry-orange relish

0.5 cup water

## Equipment

oven

knife

baking pan

slow cooker

peeler

cheesecloth

kitchen twine

## Directions

Combine the apple juice, cranberry juice, and brown sugar in a 6-quart slow cooker.

Place 12 of the cloves, the allspice berries, and the cinnamon sticks in a small piece of cheesecloth and tie with kitchen twine to make a bag.

Add to the slow cooker, cover, and cook on low for 4 to 5 hours. Meanwhile, heat the oven to 375°F and arrange a rack in the middle. Stud each apple with 3 of the remaining cloves and place in an 8-by-8-inch baking pan.

Add the water and bake until the apples are just a bit tender when pierced with a knife, about 45 minutes.

Remove from the oven and set aside. After the juices have stewed for 4 to 5 hours, add the apples to the slow cooker. Using a vegetable peeler, remove the orange peel in wide strips, making sure to avoid the white pith, and add the peels to the slow cooker.

Remove the spice bag and stir in the Calvados.

Serve hot (leave the slow cooker on to keep the cocktail warm).

## Nutrition Facts



**PROTEIN 1.06%** **FAT 2.13%** **CARBS 96.81%**

## Properties

Glycemic Index:11.68, Glycemic Load:10.83, Inflammation Score:-3, Nutrition Score:3.7443478496178%

## Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg 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: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

## Nutrients (% of daily need)

Calories: 177.05kcal (8.85%), Fat: 0.29g (0.44%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 27.43g (9.97%), Sugar: 24.34g (27.04%), Cholesterol: 0mg (0%), Sodium: 7.26mg (0.32%), Alcohol: 8.91g (100%), Alcohol %: 4.64% (100%), Protein: 0.32g (0.64%), Vitamin C: 29.02mg (35.18%), Manganese: 0.26mg (13.22%), Fiber: 1.81g (7.24%), Potassium: 179.84mg (5.14%), Calcium: 26.46mg (2.65%), Vitamin B1: 0.04mg (2.49%), Magnesium: 9.5mg (2.38%), Copper: 0.04mg (2.18%), Vitamin B6: 0.04mg (2.16%), Vitamin B2: 0.03mg (1.94%), Iron: 0.34mg (1.88%), Vitamin K: 1.68µg (1.6%), Vitamin E: 0.23mg (1.55%), Phosphorus: 15.24mg (1.52%), Vitamin B5: 0.13mg (1.29%)