



## Tipsy Hot Spiced Pomegranate Sipper

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



10

CALORIES



221 kcal

SIDE DISH

### Ingredients

- 1.3 cups almonds
- 1 stick cinnamon (2 1/2-inch-long)
- 5 slices ginger fresh thin
- 1 chunks orange zest
- 0.5 cup pineapple juice
- 32 oz pomegranate juice refrigerated 100%
- 4 cups grape juice white

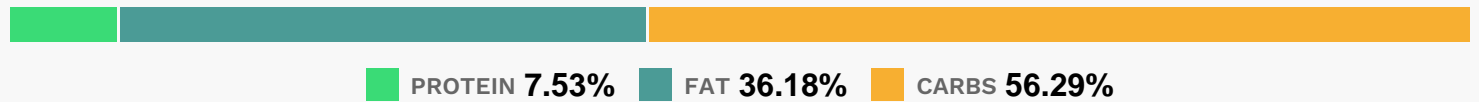
### Equipment

- sieve
- dutch oven

## Directions

- Cook cinnamon stick, cloves, and ginger in a Dutch oven over medium heat, stirring constantly, 2 to 3 minutes or until cinnamon is fragrant.
- Gradually stir in juices. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer 15 minutes.
- Pour mixture through a wire-mesh strainer into a heat-proof pitcher; discard solids. Stir in almond liqueur; serve warm.
- Garnish, if desired.
- Note: For testing purposes only, we used POM Wonderful 100% Pomegranate Juice and Welch's 100% White Grape Juice.

## Nutrition Facts



## Properties

Glycemic Index:7.6, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:9.223478289402%

## Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Petunidin: 1.03mg, Petunidin: 1.03mg, Petunidin: 1.03mg, Petunidin: 1.03mg Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg Malvidin: 11.3mg, Malvidin: 11.3mg, Malvidin: 11.3mg, Malvidin: 11.3mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg, Peonidin: 1.07mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## Nutrients (% of daily need)

Calories: 221.22kcal (11.06%), Fat: 9.34g (14.37%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 29.93g (10.88%), Sugar: 27.78g (30.87%), Cholesterol: 0mg (0%), Sodium: 13.81mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Manganese: 0.86mg (42.97%), Vitamin E: 4.93mg (32.89%), Magnesium: 66.81mg (16.7%), Vitamin B2: 0.24mg (13.86%), Potassium: 451.62mg (12.9%), Copper: 0.23mg (11.65%), Phosphorus: 111.65mg (11.17%), Fiber: 2.77g (11.07%), Vitamin K: 9.99µg (9.51%), Folate: 31.92µg (7.98%), Calcium: 74.56mg (7.46%), Iron: 1.08mg (6%), Vitamin B6: 0.11mg (5.36%), Vitamin B3: 1.03mg (5.15%), Vitamin B1: 0.07mg (4.98%), Zinc: 0.73mg (4.89%), Vitamin B5: 0.4mg (4.01%), Vitamin C: 1.57mg (1.9%), Selenium: 1.04µg (1.48%)