



Warm and Spicy Autumn Punch



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 cups apple juice
- ☐ 1 cinnamon sticks
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup honey
- ☐ 3 tablespoons juice of lemon
- ☐ 2 oranges
- ☐ 2.3 cups pineapple juice

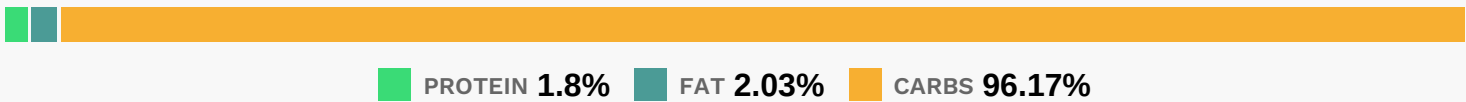
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Stud the whole oranges with cloves, and bake for 30 minutes.
- ☐ In a large saucepan, combine the apple juice and cinnamon stick. Bring to a boil, reduce heat to medium, and simmer 5 minutes.
- ☐ Remove from heat, and stir in the nutmeg, honey, lemon juice, and pineapple juice.
- ☐ Serve hot in a punch bowl with the 2 clove-studded baked oranges floating on top.

Nutrition Facts



Properties

Glycemic Index:16.03, Glycemic Load:9.08, Inflammation Score:-2, Nutrition Score:2.8199999423131%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 4.38mg, Epicatechin: 4.38mg, Epicatechin: 4.38mg, Epicatechin: 4.38mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg Naringenin: 2.55mg, Naringenin: 2.55mg, Naringenin: 2.55mg, Naringenin: 2.55mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 85.49kcal (4.27%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 20.68g (7.52%), Sugar: 18.22g (20.25%), Cholesterol: 0mg (0%), Sodium: 4.65mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin C: 13.99mg (16.96%), Manganese: 0.28mg (14.19%), Potassium: 173.42mg (4.95%), Vitamin B1: 0.05mg (3.59%), Fiber: 0.79g (3.15%), Vitamin B6: 0.06mg (3.14%), Folate: 11.59µg (2.9%), Magnesium: 10.73mg (2.68%), Copper: 0.04mg (2.24%), Calcium: 21.04mg (2.1%), Vitamin B2: 0.03mg (1.87%), Iron: 0.27mg (1.53%), Phosphorus: 12.1mg (1.21%), Vitamin B5: 0.11mg (1.13%)