



## Wassail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 sticks cinnamon (2-inch)
- 3 cups cooking wine dry white
- 2 lemons thinly sliced
- 1 quart orange juice
- 3 oranges thinly sliced
- 1 quart pineapple juice
- 1.5 cups sugar
- 0.8 cup water

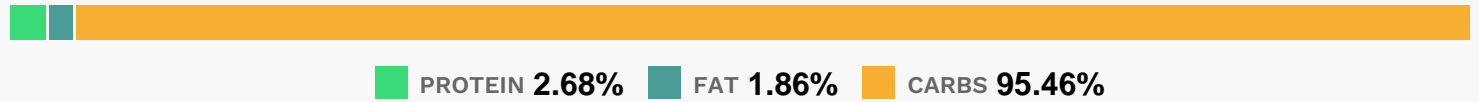
# Equipment

dutch oven

# Directions

- Stir together sugar and 3/4 cup water in a large Dutch oven.
- Add lemon and orange slices and cinnamon sticks, squeezing fruit slices gently. Bring to a boil. Boil, stirring occasionally, 10 minutes or until syrup consistency.
- Stir in pineapple and orange juices and wine; return to boil. Reduce heat; simmer 15 minutes.
- Discard fruit and cinnamon sticks.
- Serve warm.
- Note: To prepare up to 1 week ahead, cool mixture, and freeze in an airtight container. Cook over low heat, stirring occasionally, until thoroughly heated.

# Nutrition Facts



# Properties

Glycemic Index:21.34, Glycemic Load:28.1, Inflammation Score:-6, Nutrition Score:10.110434959764%

# Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 3.98mg, Eriodictyol: 3.98mg, Eriodictyol: 3.98mg, Eriodictyol: 3.98mg Hesperetin: 23.61mg, Hesperetin: 23.61mg, Hesperetin: 23.61mg, Hesperetin: 23.61mg Naringenin: 7.03mg, Naringenin: 7.03mg, Naringenin: 7.03mg, Naringenin: 7.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

# Nutrients (% of daily need)

Calories: 247.67kcal (12.38%), Fat: 0.45g (0.69%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 51.76g (17.25%), Net Carbohydrates: 49.23g (17.9%), Sugar: 43.57g (48.41%), Cholesterol: 0mg (0%), Sodium: 6.89mg (0.3%), Alcohol: 6.18g (100%), Alcohol %: 2.53% (100%), Protein: 1.45g (2.91%), Vitamin C: 74.35mg (90.12%), Manganese: 0.8mg (39.95%), Folate: 50.36µg (12.59%), Potassium: 395.01mg (11.29%), Vitamin B1: 0.16mg (10.39%), Fiber: 2.53g

(10.14%), Vitamin B6: 0.18mg (8.86%), Magnesium: 30.05mg (7.51%), Copper: 0.12mg (6.15%), Calcium: 60.34mg (6.03%), Vitamin A: 244.48IU (4.89%), Iron: 0.86mg (4.79%), Vitamin B2: 0.07mg (4.2%), Phosphorus: 39.1mg (3.91%), Vitamin B5: 0.34mg (3.43%), Vitamin B3: 0.67mg (3.35%), Zinc: 0.27mg (1.79%), Vitamin E: 0.17mg (1.16%), Vitamin K: 1.1µg (1.05%)