

Wassail Punch II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 gallon apple juice
- ☐ 3 cinnamon sticks
- ☐ 1 cup juice of lemon
- ☐ 1.5 cups orange juice
- ☐ 3 cups water
- ☐ 1.5 cups sugar white

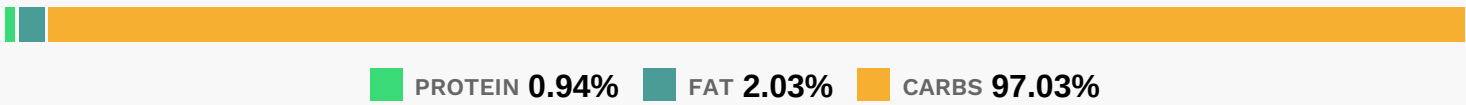
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan, combine the sugar, cloves, water, and cinnamon. Bring to a boil, and continue to boil for 10 minutes.
- ☐ Remove from heat, cover, and allow to cool for 1 hour.
- ☐ Stir in the orange juice, lemon juice, and apple juice. Return to the heat, and boil for 10 to 15 minutes.
- ☐ Remove cloves and cinnamon sticks before serving.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:50.07, Inflammation Score:-4, Nutrition Score:7.3799998812054%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg Epicatechin: 22.29mg, Epicatechin: 22.29mg, Epicatechin: 22.29mg, Epicatechin: 22.29mg Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 9.97mg, Hesperetin: 9.97mg, Hesperetin: 9.97mg, Hesperetin: 9.97mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 392.91kcal (19.65%), Fat: 0.92g (1.41%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 98.82g (32.94%), Net Carbohydrates: 96.99g (35.27%), Sugar: 87.65g (97.39%), Cholesterol: 0mg (0%), Sodium: 24.64mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin C: 39.36mg (47.71%), Manganese: 0.59mg (29.55%), Potassium: 608.73mg (17.39%), Vitamin B1: 0.15mg (9.92%), Magnesium: 32.28mg (8.07%), Fiber: 1.83g (7.31%), Vitamin B2: 0.11mg (6.27%), Calcium: 60.99mg (6.1%), Vitamin B6: 0.12mg (5.99%), Copper: 0.1mg (5.17%), Folate: 20.13µg (5.03%), Iron: 0.81mg (4.52%), Phosphorus: 44.31mg (4.43%), Vitamin B5: 0.36mg (3.65%), Vitamin B3: 0.58mg (2.88%), Vitamin A: 103.43IU (2.07%), Selenium: 0.82µg (1.17%), Zinc: 0.17mg (1.13%)