



Winter Wassail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 2 quarts apple cider
- ☐ 6 cinnamon sticks
- ☐ 1.5 cups juice of lemon
- ☐ 2 cups orange juice
- ☐ 2 cups sugar
- ☐ 1 cup water
- ☐ 2 teaspoons allspice whole

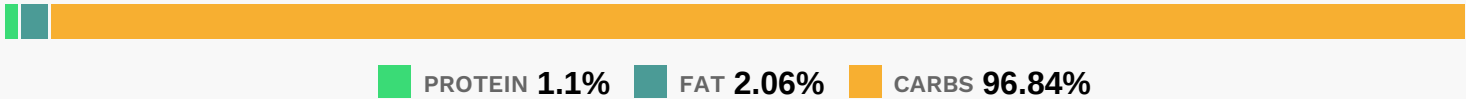
Equipment

- ☐ sauce pan
- ☐ cheesecloth

Directions

- ☐ Tie first 3 ingredients together in a piece of cheesecloth or coffee filter.
- ☐ Bring cider and sugar to a boil in a large saucepan.
- ☐ Add spice bag; reduce heat, and simmer, covered, 10 minutes.
- ☐ Remove spice bag; discard.
- ☐ Stir in orange juice and remaining ingredients; simmer 5 minutes or until heated.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.06, Glycemic Load:30.17, Inflammation Score:-3, Nutrition Score:4.8269564846288%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 8.63mg, Hesperetin: 8.63mg, Hesperetin: 8.63mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 214.78kcal (10.74%), Fat: 0.52g (0.8%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 54.86g (18.29%), Net Carbohydrates: 53.38g (19.41%), Sugar: 48.66g (54.07%), Cholesterol: 0mg (0%), Sodium: 8.45mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin C: 31.64mg (38.35%), Manganese: 0.42mg (21.11%), Potassium: 267.85mg (7.65%), Fiber: 1.47g (5.89%), Vitamin B1: 0.07mg (4.85%), Folate: 17.45µg (4.36%), Calcium: 39.59mg (3.96%), Magnesium: 15.34mg (3.84%), Vitamin B6: 0.06mg (2.93%), Vitamin B2: 0.05mg (2.79%), Copper: 0.05mg (2.67%), Iron: 0.48mg (2.65%), Phosphorus: 20.82mg (2.08%), Vitamin B5: 0.19mg (1.86%), Vitamin A: 88.31IU (1.77%), Vitamin B3: 0.33mg (1.64%)