

Witches' Brew



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



6

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 liter seltzer water chilled
- ☐ 4 cups cranberry juice cocktail chilled
- ☐ 1 cup rum dark
- ☐ 25.3 ounce cider chilled ()
- ☐ 3 tablespoons ginger peeled finely chopped
- ☐ 6 servings ice cubes (see cooks' note, below)
- ☐ 0.3 cup sugar

☐ 0.3 cup water

Equipment

☐ bowl

☐ sauce pan

☐ sieve

Directions

☐ Bring cinnamon sticks, cloves, ginger, water, and sugar to a boil in a small heavy saucepan, stirring until sugar has dissolved, then simmer, covered, 5 minutes.

☐ Remove from heat and let steep, uncovered, 1 hour.

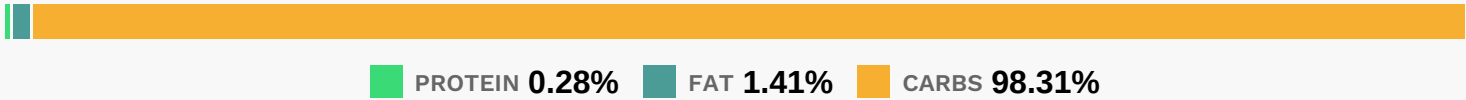
☐ Strain through a fine-mesh sieve into a bowl, discarding solids, then chill until cold.

☐ Combine all remaining ingredients, except ice, with syrup in a punch bowl.

☐ Add ice before serving.

☐ •To make hand-shaped ice, fill powder-free, latex-free rubber gloves with water and tie wrist end securely, then freeze. •Syrup can be made 1 week ahead and chilled with spices. Strain before using.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:21.52, Inflammation Score:-6, Nutrition Score:5.4660869733147%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 280.85kcal (14.04%), Fat: 0.24g (0.38%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 37.87g (13.77%), Sugar: 34.41g (38.23%), Cholesterol: 0mg (0%), Sodium: 47.69mg (2.07%), Alcohol: 19.33g (100%), Alcohol %: 4.23% (100%), Protein: 0.11g (0.22%), Vitamin C: 71.57mg (86.75%), Manganese: 0.3mg (15.1%), Copper: 0.06mg (2.95%), Calcium: 27.83mg (2.78%), Fiber: 0.69g (2.76%), Vitamin E: 0.41mg (2.71%), Vitamin K: 2.05µg (1.96%), Zinc: 0.27mg (1.83%), Iron: 0.32mg (1.81%), Magnesium: 6.25mg (1.56%), Potassium: 47.52mg (1.36%)