



## Caroling Wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup brown sugar
- ☐ 2 cinnamon sticks
- ☐ 8 cinnamon sticks
- ☐ 1 cup orange juice
- ☐ 2 oranges
- ☐ 2 cups pineapple juice
- ☐ 4 cups red wine
- ☐ 0.5 teaspoon salt

- ☐ 1 cup water
- ☐ 3 allspice whole

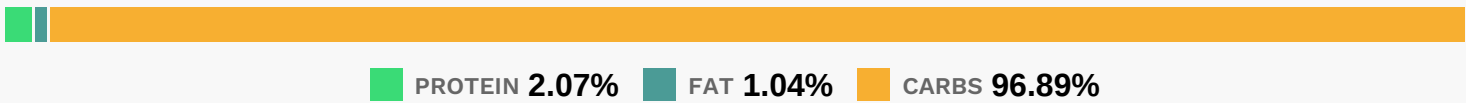
## Equipment

- ☐ sauce pan

## Directions

- ☐ In a large non-aluminum saucepan, combine water, brown sugar, pineapple juice, and orange juice. Season with cloves, allspice, 2 cinnamon sticks and salt.
- ☐ Cut the rind of 2 oranges into strips and stir into the mixture. Bring to a boil, reduce heat and let simmer for 15 minutes.
- ☐ Pour in the wine.
- ☐ Heat to just boiling and remove from heat.
- ☐ Serve hot with a cinnamon stick for garnish.

## Nutrition Facts



## Properties

Glycemic Index:22.56, Glycemic Load:6.92, Inflammation Score:-6, Nutrition Score:9.351304349692%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 13.38mg, Hesperetin: 13.38mg, Hesperetin: 13.38mg, Hesperetin: 13.38mg Naringenin: 7.8mg, Naringenin: 7.8mg, Naringenin: 7.8mg, Naringenin: 7.8mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 278.02kcal (13.9%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 48.34g (16.11%), Net Carbohydrates: 45.05g (16.38%), Sugar: 39.07g (43.41%), Cholesterol: 0mg (0%), Sodium: 161.28mg (7.01%), Alcohol: 12.72g (100%), Alcohol %: 5.29% (100%), Protein: 1.03g (2.06%), Manganese: 1.25mg (62.58%), Vitamin C: 39mg (47.28%), Fiber: 3.3g (13.19%), Potassium: 406.23mg (11.61%), Calcium: 101.67mg (10.17%), Vitamin B6: 0.18mg (8.89%), Magnesium: 33.62mg (8.4%), Folate: 31.5µg (7.87%), Iron: 1.39mg (7.74%), Vitamin B1: 0.1mg (6.51%), Copper: 0.12mg (5.75%), Phosphorus: 46.12mg (4.61%), Vitamin B2: 0.07mg (4.34%), Vitamin B3: 0.69mg (3.46%), Vitamin A: 154.15IU (3.08%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.36mg (2.42%), Vitamin K: 2.05µg (1.96%), Selenium: 0.96µg (1.37%), Vitamin E: 0.18mg (1.23%)