

## Cozy Mulled Wine

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup brandy
- 3 cinnamon sticks
- 1 teaspoon ginger fresh grated
- 0.7 cup honey
- 1 cranberry-orange relish peeled sliced
- 750 milliliter red wine (such as Cabernet Sauvignon, Zinfandel, or Merlot)

### Equipment

- slow cooker

## Directions

- Combine red wine, orange slices, honey, brandy, cinnamon sticks, cloves, and ginger in a slow cooker.
- Cook on Low until wine is steaming, 20 to 25 minutes.

## Nutrition Facts

**PROTEIN 1.24%** **FAT 0.29%** **CARBS 98.47%**

## Properties

Glycemic Index:21.63, Glycemic Load:17.09, Inflammation Score:-5, Nutrition Score:2.5573913144029%

## Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 257.7kcal (12.89%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 38.38g (12.79%), Net Carbohydrates: 36.84g (13.4%), Sugar: 33.01g (36.68%), Cholesterol: 0mg (0%), Sodium: 1.83mg (0.08%), Alcohol: 16.65g (100%), Alcohol %: 10.64% (100%), Protein: 0.48g (0.97%), Manganese: 0.34mg (17.19%), Vitamin C: 11.89mg (14.41%), Fiber: 1.54g (6.14%), Calcium: 28.58mg (2.86%), Potassium: 68.23mg (1.95%), Folate: 7.45µg (1.86%), Iron: 0.33mg (1.84%), Copper: 0.03mg (1.61%), Vitamin B2: 0.02mg (1.43%), Vitamin B1: 0.02mg (1.34%), Vitamin B6: 0.03mg (1.28%), Vitamin A: 54.29IU (1.09%), Magnesium: 4.13mg (1.03%)