



Dandelion Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 4 cups dandelion flowers
- ☐ 1 lemon zest thinly sliced
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 2.5 cups sugar
- ☐ 6 cups water boiling

Equipment

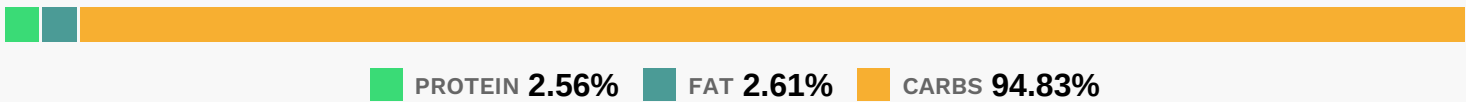
- ☐ sauce pan
- ☐ pot

☐ sieve

Directions

- ☐ Place dandelion flowers in a large heatproof container.
- ☐ Pour boiling water over top. Cover and let steep for at least 4 hours and up to 24 hours. When making dandelion wine, cleanliness is key. Make sure your kitchen counters, hands, and all utensils are sterile.
- ☐ Pour the resulting tea through a fine-mesh strainer into a large pot or saucepan, pressing the petals to extract as much flavor as possible. Discard blossoms and bring tea to a boil.
- ☐ Place sugar in a heatproof 1-gallon jar.
- ☐ Pour boiling dandelion tea into jar and stir to dissolve.
- ☐ Add lemon and orange slices. Cover jar and let liquid stand for 2 weeks at room temperature, shaking every couple days.
- ☐ Pour dandelion wine through a fine-mesh strainer lined with a coffee filter into a clean container.
- ☐ Serve or cover and store refrigerated for up to 3 weeks.
- ☐ Fermenting Flower Wines
- ☐ Some of the flowers that make lovely flower wines include pink (dianthus), lilac, lavender, daylily, elderflower, violet, tulip, herb flowers, roses, and pansies. Swap in equal amounts of whatever flowers you like, except for lavender; because it has a particularly strong flavor, lavender should always be used in slightly smaller amounts.
- ☐ Reprinted with permission from Cooking with Flowers: Sweet and Savory Recipes with Rose Petals, Lilacs, Lavender, and Other Edible Flowers by Miche Bacher; photography by Miana Jun. Copyright © 2013 by Miche Bacher; photographs © 2013 by Quirk Productions, Inc. Published by Quirk Books.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:44.29, Inflammation Score:-3, Nutrition Score:8.38173912336%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 308.69kcal (15.43%), Fat: 0.93g (1.43%), Saturated Fat: 0g (0.02%), Carbohydrates: 75.9g (25.3%), Net Carbohydrates: 68.77g (25.01%), Sugar: 63.91g (71.01%), Cholesterol: 0mg (0%), Sodium: 9.5mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Iron: 66.77mg (370.92%), Fiber: 7.14g (28.56%), Potassium: 685.58mg (19.59%), Magnesium: 61.03mg (15.26%), Vitamin C: 8.78mg (10.64%), Phosphorus: 89.02mg (8.9%), Copper: 0.04mg (2.01%), Calcium: 12.53mg (1.25%), Folate: 4.93µg (1.23%), Vitamin B2: 0.02mg (1.09%)