



Easy Swedish Glögg

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



661 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 servings blanched almonds and
- 2 cardamom pods
- 2 cinnamon sticks
- 1 inch ginger fresh peeled sliced
- 2 cups orange juice
- 3 inch orange zest
- 750 ml red wine such as burgundy
- 0.5 cup sugar

1 vanilla pod split

5 allspice whole

Equipment

pot

Directions

Combine first 9 ingredients in a pot over medium heat. Bring mixture to a simmer, being careful not to boil. Reduce heat to low; cover and simmer for 15 minutes.

Remove from heat, and stir in sugar. Stir until sugar dissolves. Strain mixture, and serve immediately, or gently reheat before serving. (If you prefer a stronger flavor, steep spices longer before straining.)

Garnish, if desired.

Note: For a nonalcoholic version, use water or orange juice, and substitute 3 cups Concord grape juice for the wine. Omit sugar, and follow ggg procedure.

Nutrition Facts



PROTEIN 2.73% **FAT 4.07%** **CARBS 93.2%**

Properties

Glycemic Index:88.55, Glycemic Load:49.74, Inflammation Score:-9, Nutrition Score:17.919565273368%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Petunidin: 7.53mg, Petunidin: 7.53mg, Petunidin: 7.53mg, Petunidin: 7.53mg Delphinidin: 7.65mg, Delphinidin: 7.65mg, Delphinidin: 7.65mg, Delphinidin: 7.65mg Malvidin: 52.65mg, Malvidin: 52.65mg, Malvidin: 52.65mg, Malvidin: 52.65mg Peonidin: 4.76mg, Peonidin: 4.76mg, Peonidin: 4.76mg, Peonidin: 4.76mg Catechin: 27.16mg, Catechin: 27.16mg, Catechin: 27.16mg, Catechin: 27.16mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 14.42mg, Epicatechin: 14.42mg, Epicatechin: 14.42mg, Epicatechin: 14.42mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 32.03mg, Hesperetin: 32.03mg, Hesperetin: 32.03mg, Hesperetin: 32.03mg Naringenin: 12.04mg, Naringenin: 12.04mg, Naringenin: 12.04mg, Naringenin: 12.04mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.08mg, Isorhamnetin:

0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg

Nutrients (% of daily need)

Calories: 661.24kcal (33.06%), Fat: 1.79g (2.75%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 92.28g (30.76%), Net Carbohydrates: 88.74g (32.27%), Sugar: 73.27g (81.41%), Cholesterol: 0mg (0%), Sodium: 19.86mg (0.86%), Alcohol: 40.32g (100%), Alcohol %: 7.35% (100%), Protein: 2.71g (5.41%), Vitamin C: 130.01mg (157.58%), Manganese: 1.74mg (87.19%), Potassium: 1049.39mg (29.98%), Magnesium: 84.97mg (21.24%), Folate: 80.52µg (20.13%), Vitamin B6: 0.34mg (17.01%), Vitamin B1: 0.25mg (16.97%), Iron: 2.94mg (16.35%), Phosphorus: 142.54mg (14.25%), Fiber: 3.54g (14.17%), Vitamin B2: 0.22mg (12.87%), Calcium: 111.65mg (11.16%), Vitamin A: 531.36IU (10.63%), Vitamin B3: 2.02mg (10.08%), Copper: 0.2mg (9.85%), Vitamin B5: 0.63mg (6.27%), Zinc: 0.93mg (6.19%), Vitamin E: 0.44mg (2.91%), Vitamin K: 2.87µg (2.73%), Selenium: 1.52µg (2.17%)