



German Mulled Wine (Glühwein)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brandy
- 5 cardamom pods
- 2 sticks cinnamon (3-inch)
- 1.3 cups granulated sugar
- 2 medium optional: lemon
- 2 medium cranberry-orange relish
- 1.3 cups water

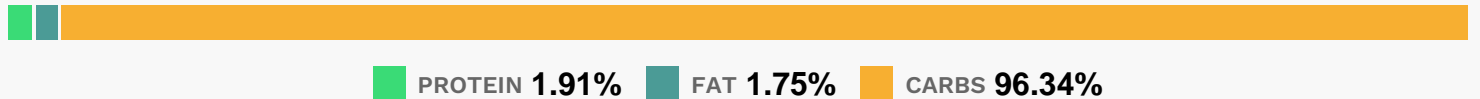
Equipment

- frying pan
- sauce pan
- peeler
- cheesecloth
- kitchen twine

Directions

- Using a vegetable peeler, remove the zest from the lemons and oranges in wide strips, avoiding the white pith; place the zest in a large saucepan. Juice the lemons and oranges and add the juice to the pan.
- Place the cloves and cardamom in a small piece of cheesecloth, tie it tightly with butcher's twine, and add the bundle to the saucepan.
- Add the sugar, water, and cinnamon sticks, place the pan over high heat, and bring to a simmer, stirring to dissolve the sugar. Reduce the heat to low and continue to simmer, stirring occasionally, until the mixture is reduced by about one-third, about 20 minutes.
- Add the red wine and brandy, stir to combine, and bring just to a simmer (don't let it boil).
- Remove from the heat and remove and discard the spice bundle before serving.

Nutrition Facts



Properties

Glycemic Index:10.19, Glycemic Load:11.81, Inflammation Score:-2, Nutrition Score:2.305217380109%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 92.12kcal (4.61%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 18.36g (6.67%), Sugar: 17.47g (19.41%), Cholesterol: 0mg (0%), Sodium: 1.58mg (0.07%), Alcohol:

2.51g (100%), Alcohol %: 4.38% (100%), Protein: 0.39g (0.77%), Vitamin C: 16.01mg (19.41%), Manganese: 0.26mg (13.08%), Fiber: 1.18g (4.71%), Calcium: 17.55mg (1.75%), Potassium: 57.61mg (1.65%), Folate: 6.42µg (1.61%), Vitamin B1: 0.02mg (1.43%), Iron: 0.23mg (1.29%), Magnesium: 4.6mg (1.15%), Vitamin B6: 0.02mg (1.14%), Copper: 0.02mg (1.09%)