



Glogg



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



24

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound blanched almonds and
- ☐ 5 fluid ounces brandy
- ☐ 2 ounces cinnamon sticks
- ☐ 2 ounces orange zest dried
- ☐ 1 pound raisins
- ☐ 1500 milliliter red wine
- ☐ 20 cardamom seeds whole
- ☐ 1 pound coarsely sugar cubes

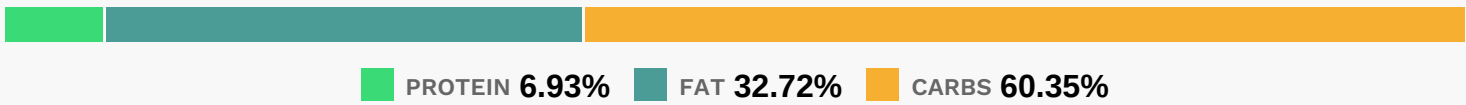
Equipment

- ☐ pot
- ☐ grill
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Pour wine into a large pot. Bring to a boil over medium high heat. Wrap orange zest, cinnamon sticks, cardamom and cloves in cheesecloth, tie with kitchen string and put into pot.
- ☐ Let boil for 15 minutes, stirring occasionally. Stir in almonds and raisins and continue to boil for 15 more minutes.
- ☐ Remove from heat.
- ☐ Place a wire grill over the pot and cover with sugar cubes. Slowly pour on brandy, making sure to completely saturate the sugar. Light sugar with a match and let it flame. When sugar has melted, cover pot with lid to extinguish flame.
- ☐ Stir and remove spice bag.
- ☐ Serve hot in cups with a few almonds and raisins.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:21.47, Inflammation Score:-5, Nutrition Score:10.360000016897%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 8.77mg, Malvidin: 8.77mg, Malvidin: 8.77mg, Malvidin: 8.77mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 4.53mg, Catechin: 4.53mg, Catechin: 4.53mg, Catechin: 4.53mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.4mg,

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Nutrients (% of daily need)

Calories: 321.65kcal (16.08%), Fat: 10.23g (15.75%), Saturated Fat: 0.8g (5%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 37.35g (13.58%), Sugar: 20.18g (22.42%), Cholesterol: 0mg (0%), Sodium: 12.28mg (0.53%), Alcohol: 8.78g (100%), Alcohol %: 8.39% (100%), Protein: 4.87g (9.75%), Manganese: 1.36mg (68.11%), Vitamin E: 4.55mg (30.33%), Fiber: 5.13g (20.51%), Magnesium: 69.68mg (17.42%), Copper: 0.28mg (13.87%), Phosphorus: 124.89mg (12.49%), Vitamin B2: 0.2mg (11.67%), Potassium: 395.33mg (11.3%), Iron: 1.86mg (10.34%), Calcium: 89.01mg (8.9%), Zinc: 0.86mg (5.75%), Vitamin C: 4.67mg (5.66%), Vitamin B3: 1.09mg (5.43%), Vitamin B6: 0.11mg (5.26%), Vitamin B1: 0.07mg (4.5%), Folate: 11.31µg (2.83%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.11mg (1.07%)