



# Glögg

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



191 kcal

BEVERAGE

DRINK

## Ingredients

- 10 cloves whole
- 7 cardamom pods crushed
- 2 sticks cinnamon
- 1 piece ginger ( )
- 2 cups water
- 10 blanched almonds and whole
- 1.8 cups raisins
- 1 cup prune- cut to pieces pitted

- 1 cranberry–orange relish cut into fourths
- 1500 ml wine dry red
- 1.8 cups brandy
- 1.3 cups vodka
- 0.3 cup sugar

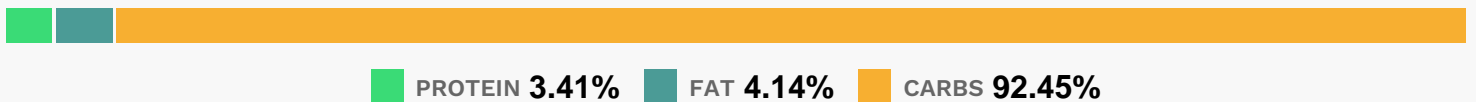
## Equipment

- ladle
- dutch oven
- cheesecloth

## Directions

- Tie cloves, cardamom pods and seeds, cinnamon and gingerroot in cheesecloth bag.
- Heat spice bag, water, almonds, raisins, prunes and orange to boiling in 4–quart Dutch oven; reduce heat. Cover and simmer 45 minutes.
- Remove spice bag, prunes and orange. (Reserve prunes for eating if desired.) Stir in remaining ingredients. Cover and heat over medium heat until mixture begins to bubble. Ladle almond half and a few raisins into each cup before filling with hot glögg.

## Nutrition Facts



## Properties

Glycemic Index:10.64, Glycemic Load:7.83, Inflammation Score:-4, Nutrition Score:2.6626087317%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg, Petunidin: 2.1mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg, Malvidin: 16.64mg Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg, Epicatechin: 6.76mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin:

0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol:  
0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg,  
Myricetin: 0.19mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## **Nutrients (% of daily need)**

Calories: 191.26kcal (9.56%), Fat: 0.37g (0.58%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 18.81g (6.27%), Net  
Carbohydrates: 17.05g (6.2%), Sugar: 6.08g (6.75%), Cholesterol: 0mg (0%), Sodium: 4.91mg (0.21%), Alcohol:  
16.96g (100%), Alcohol %: 15.17% (100%), Protein: 0.69g (1.39%), Manganese: 0.33mg (16.36%), Fiber: 1.76g (7.03%),  
Potassium: 163.31mg (4.67%), Vitamin C: 3.67mg (4.44%), Vitamin K: 4.52µg (4.31%), Copper: 0.07mg (3.58%), Iron:  
0.49mg (2.71%), Magnesium: 9.86mg (2.46%), Vitamin B2: 0.04mg (2.44%), Vitamin B6: 0.04mg (2.06%),  
Phosphorus: 18.48mg (1.85%), Vitamin B1: 0.02mg (1.61%), Calcium: 15.59mg (1.56%), Vitamin B3: 0.3mg (1.5%),  
Vitamin A: 69.93IU (1.4%), Vitamin E: 0.15mg (1.03%)