



Heady and Aromatic: Mulled Wine for the Holidays



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



11

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon anise seeds
- ☐ 6 cups apple cider sweet
- ☐ 2 bay leaves
- ☐ 8 peppercorns black
- ☐ 1 cup brandy
- ☐ 1 cup unrefined cane sugar whole
- ☐ 8 cardamom pods

- ☐ 2 cinnamon sticks
- ☐ 1 teaspoon fennel seeds
- ☐ 1 small nutmeg pod
- ☐ 2 oranges
- ☐ 1 bottle red wine such as robert mondavi private selection pinot noir

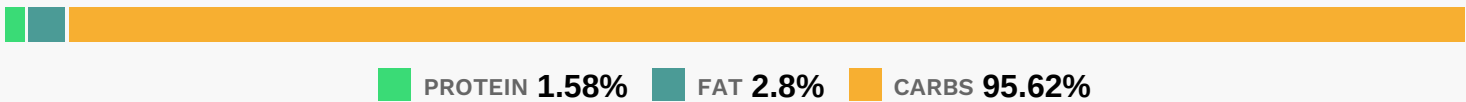
Equipment

- ☐ ladle
- ☐ pot
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Cut a square of cheesecloth about 12 inches square. Arrange the spices in the center of the of the square, and tie it into a bundle with 100% cotton cooking twine.
- ☐ Place it in a nonreactive stock pot.
- ☐ Pour the wine, cider and brandy into the pot, and stir in the honey or sugar. Slice one orange in rounds, and drop it into the pot. Toss in the bay leaves.Warm over low heat at least 1 hour to allow the flavors to come together, taking care not to allow the wine to boil lest you cook out the alcohol. Slice the remaining orange into thing wedges. Ladle the mulled wine into mugs, slip a slice of orange into the mug, and serve warm.

Nutrition Facts



Properties

Glycemic Index:27.3, Glycemic Load:19.55, Inflammation Score:-3, Nutrition Score:4.060869552519%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epicatechin: 6.06mg, Epicatechin: 6.06mg, Epicatechin: 6.06mg, Epicatechin: 6.06mg Hesperetin: 6.49mg, Hesperetin: 6.49mg, Hesperetin: 6.49mg, Hesperetin: 6.49mg Naringenin: 3.65mg,

Naringenin: 3.65mg, Naringenin: 3.65mg, Naringenin: 3.65mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 199.41kcal (9.97%), Fat: 0.49g (0.75%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 35.58g (12.94%), Sugar: 32.82g (36.47%), Cholesterol: 0mg (0%), Sodium: 6.11mg (0.27%), Alcohol: 7.3g (100%), Alcohol %: 4.73% (100%), Protein: 0.61g (1.23%), Manganese: 0.66mg (32.82%), Vitamin C: 14.25mg (17.27%), Fiber: 1.73g (6.94%), Potassium: 200.34mg (5.72%), Vitamin B1: 0.05mg (3.61%), Calcium: 36.11mg (3.61%), Magnesium: 14.02mg (3.5%), Iron: 0.57mg (3.19%), Vitamin B2: 0.04mg (2.36%), Copper: 0.05mg (2.31%), Vitamin B6: 0.04mg (2.24%), Folate: 7.39µg (1.85%), Phosphorus: 18.42mg (1.84%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.13mg (1.27%), Vitamin A: 59.27IU (1.19%), Vitamin B3: 0.21mg (1.04%)