Holiday Glögg

Vegetarian Vegan Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	18	138 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 2 sticks cinnamon (3-inch)
- [ ] 1500 milliliter wine dry red
- [ ] 0.3 teaspoon ground cardamom
- [ ] 1 cup raisins
- [ ] 1 cup sugar
- [ ] 3.5 cups water

Equipment

- [ ] bowl

- [ ] sauce pan
- [ ] sieve

Directions

- [ ] Combine first 4 ingredients in a large saucepan; bring to a boil. Reduce heat; simmer 20 minutes.
- [ ] Strain liquid through a sieve into a bowl, discarding cloves and cinnamon sticks. Return liquid to saucepan. Stir in wine, raisins, and sugar, and cook mixture over medium heat just until sugar is dissolved and mixture is thoroughly heated.
- [ ] Serve warm.
- [ ] Note: Nonalcoholic dry red wine may be substituted for regular wine, if desired.

Nutrition Facts

PROTEIN **1.38%** FAT **0.95%** CARBS **97.67%**

Properties

Glycemic Index:7.72, Glycemic Load:11.16, Inflammation Score:-3, Nutrition Score:0.83869566039547%

Flavonoids

Petunidin: 2.81mg, Petunidin: 2.81mg, Petunidin: 2.81mg, Petunidin: 2.81mg Delphinidin: 3.53mg, Delphinidin: 3.53mg, Delphinidin: 3.53mg, Delphinidin: 3.53mg Malvidin: 22.18mg, Malvidin: 22.18mg, Malvidin: 22.18mg, Malvidin: 22.18mg Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg Epicatechin: 9.01mg, Epicatechin: 9.01mg, Epicatechin: 9.01mg, Epicatechin: 9.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 137.83kcal (6.89%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 19.16g (6.97%), Sugar: 11.1g (12.33%), Cholesterol: 0mg (0%), Sodium: 4.71mg (0.2%), Alcohol: 8.88g (100%), Alcohol %: 7.49% (100%), Protein: 0.28g (0.56%), Manganese: 0.1mg (4.88%), Fiber: 0.76g (3.05%), Potassium: 68.67mg (1.96%), Copper: 0.03mg (1.69%), Iron: 0.25mg (1.39%)