



# Homemade Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



454 kcal

SIDE DISH

## Ingredients

- 0.3 ounce yeast dry
- 12 fluid ounce orange juice concentrate frozen thawed canned
- 4 cups sugar

## Equipment

## Directions

- Combine the yeast, sugar and juice concentrate in a gallon jug. Fill the jug the rest of the way with cold water. Rinse out a large balloon, and fit it over the opening of the jug. Secure the balloon with a rubber band.
- Place jug in a cool dark place. Within a day you will notice the balloon starting to expand. As the sugar turns to alcohol the gasses released will fill up the balloon. When the balloon is deflated back to size the wine is ready to drink. It takes about 6 weeks total.

## Nutrition Facts

**PROTEIN 1.2%** **FAT 0.95%** **CARBS 97.85%**

### Properties

Glycemic Index:8.76, Glycemic Load:69.81, Inflammation Score:-4, Nutrition Score:6.9760869350284%

### Nutrients (% of daily need)

Calories: 453.52kcal (22.68%), Fat: 0.5g (0.77%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 115.58g (38.53%), Net Carbohydrates: 114.9g (41.78%), Sugar: 112.97g (125.53%), Cholesterol: 0mg (0%), Sodium: 4.56mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin C: 64.32mg (77.96%), Vitamin B1: 0.22mg (14.63%), Folate: 54.88µg (13.72%), Potassium: 289.45mg (8.27%), Vitamin B2: 0.13mg (7.77%), Vitamin B6: 0.13mg (6.43%), Vitamin B3: 0.84mg (4.2%), Magnesium: 16mg (4%), Vitamin B5: 0.37mg (3.68%), Vitamin A: 168.11IU (3.36%), Phosphorus: 32.7mg (3.27%), Fiber: 0.68g (2.73%), Copper: 0.04mg (1.85%), Calcium: 18.12mg (1.81%), Vitamin E: 0.27mg (1.77%), Manganese: 0.03mg (1.4%), Selenium: 0.85µg (1.21%), Iron: 0.22mg (1.2%), Zinc: 0.15mg (1.01%)