



Honey Mulled Wine



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



5

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 peppercorns black
- ☐ 3 inches cinnamon sticks for the wine, more sticks for serving
- ☐ 0.8 cup honey
- ☐ 5 servings lemon zest for serving thin
- ☐ 750 ml red wine
- ☐ 0.8 cup water

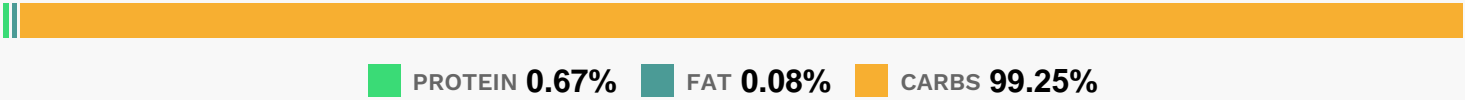
Equipment

- ☐ sauce pan

Directions

- ☐ Into a 2–qt saucepan, put the wine, water, cinnamon stick, peppercorns, and honey (if you are unsure about the sweetness level, start with less honey and add more to taste).
- ☐ Heat until steamy and lightly simmering.Strain into glass mugs.
- ☐ Serve with a thin strip of lemon zest and a bit of cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:21.89, Inflammation Score:-4, Nutrition Score:1.0169564981176%

Nutrients (% of daily need)

Calories: 288.58kcal (14.43%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 46.37g (16.86%), Sugar: 41.77g (46.41%), Cholesterol: 0mg (0%), Sodium: 3.94mg (0.17%), Alcohol: 16.61g (100%), Alcohol %: 8.88% (100%), Protein: 0.32g (0.63%), Manganese: 0.18mg (9.19%), Fiber: 0.52g (2.07%), Iron: 0.29mg (1.63%), Copper: 0.03mg (1.51%), Vitamin B2: 0.02mg (1.19%), Calcium: 11.72mg (1.17%)