



Hot Mulled Wine

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

Ingredients

- 0.3 cup bourbon
- 750 milliliter wine dry red
- 1 suya seasoning mix
- 0.3 cup sugar

Equipment

- sauce pan

Directions

- Combine first 4 ingredients in a large saucepan. Bring to a simmer; cook 20 minutes. Discard sachet.
- Serve warm.
- Serve with cinnamon sticks, if desired.

Nutrition Facts

■ PROTEIN **0.71%**
■ FAT **0.65%**
■ CARBS **98.64%**

Properties

Glycemic Index:15.02, Glycemic Load:7.76, Inflammation Score:0, Nutrition Score:0.16782608595879%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 171.57kcal (8.58%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.02%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 14.41g (5.24%), Sugar: 11.1g (12.33%), Cholesterol: 0mg (0%), Sodium: 0.25mg (0.01%), Alcohol: 16.65g (100%), Alcohol %: 14.25% (100%), Protein: 0.1g (0.21%)