



## Hot Mulled Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



9

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



1 stick cinnamon (3 inch)



1 pinch ground nutmeg



0.3 optional: lemon



1.5 cups water boiling



0.5 cup sugar white



750 milliliter claret wine

## Equipment

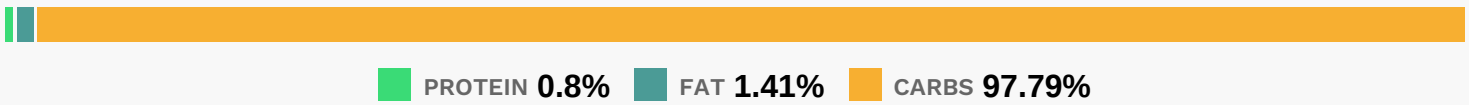


sauce pan

# Directions

- ☐ Stir water and sugar together in a saucepan until sugar dissolves.
- ☐ Add lemon, cloves, and cinnamon stick; bring mixture to a boil and cook until flavors combine, about 10 minutes. Strain and return water mixture to the saucepan; discard lemon, cloves, and cinnamon stick.
- ☐ Stir claret wine into water mixture; heat until hot but not boiling, 5 to 10 minutes.
- ☐ Serve flecked with nutmeg.

## Nutrition Facts



## Properties

Glycemic Index:20.62, Glycemic Load:8.18, Inflammation Score:-3, Nutrition Score:1.3160869427349%

## Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 115.36kcal (5.77%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.7g (4.98%), Sugar: 11.87g (13.19%), Cholesterol: 0mg (0%), Sodium: 6.43mg (0.28%), Alcohol: 8.79g (100%), Alcohol %: 8.04% (100%), Protein: 0.11g (0.23%), Manganese: 0.18mg (8.87%), Magnesium: 10.37mg (2.59%), Potassium: 90.12mg (2.57%), Vitamin B6: 0.05mg (2.44%), Iron: 0.37mg (2.07%), Vitamin C: 1.61mg (1.95%), Phosphorus: 17.87mg (1.79%), Vitamin B2: 0.02mg (1.32%), Calcium: 12.94mg (1.29%), Fiber: 0.31g (1.25%)