



Hot Spiced Christmas Wine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar to taste
- 3 cinnamon sticks
- 3 inch ginger fresh peeled thinly sliced
- 0.5 teaspoon ground cloves
- 2 oranges
- 1500 milliliter red wine
- 750 milliliter white wine

Equipment

- knife
- pot
- peeler

Directions

- Use a sharp knife or a vegetable peeler to remove the zest from the oranges in strips, being careful to remove only the orange part, leaving the pith behind. Then, juice the oranges into a large, heavy-bottomed pot.
- Pour the red wine and white wine into the pot with the orange juice.
- Place the strips of orange zest, ginger, cinnamon sticks, cloves, and brown sugar into the pot with the wine mixture; stir to dissolve the sugar.
- Cover and heat over medium-high until heated through, but not boiling, reduce the heat to medium-low and heat for an hour or longer to bring all of the flavors together. Adjust the sweetness by adding more brown sugar, as necessary. Strain and serve hot with a splash of brandy, if desired.

Nutrition Facts

PROTEIN 2.75% **FAT 0.91%** **CARBS 96.34%**

Properties

Glycemic Index:7.71, Glycemic Load:1.67, Inflammation Score:-6, Nutrition Score:4.0643478048884%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg Malvidin: 17.59mg, Malvidin: 17.59mg, Malvidin: 17.59mg, Malvidin: 17.59mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 9.54mg, Catechin: 9.54mg, Catechin: 9.54mg, Catechin: 9.54mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 7mg, Hesperetin: 7mg, Hesperetin: 7mg, Hesperetin: 7mg Naringenin: 5.83mg, Naringenin: 5.83mg, Naringenin: 5.83mg, Naringenin: 5.83mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.44mg, Quercetin: 1.44mg,

Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg,
Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 197.04kcal (9.85%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 13.55g (4.93%), Sugar: 9.41g (10.46%), Cholesterol: 0mg (0%), Sodium: 10.5mg (0.46%), Alcohol: 19.97g (100%), Alcohol %: 11.46% (100%), Protein: 0.42g (0.83%), Manganese: 0.46mg (22.89%), Vitamin C: 11.74mg (14.23%), Potassium: 265.58mg (7.59%), Magnesium: 25.78mg (6.45%), Vitamin B6: 0.12mg (6.2%), Iron: 0.91mg (5.07%), Phosphorus: 45.12mg (4.51%), Fiber: 1.05g (4.21%), Calcium: 39.23mg (3.92%), Vitamin B2: 0.06mg (3.45%), Vitamin B3: 0.45mg (2.23%), Folate: 8.78µg (2.19%), Zinc: 0.29mg (1.96%), Vitamin B1: 0.03mg (1.95%), Copper: 0.04mg (1.82%), Vitamin B5: 0.14mg (1.36%), Vitamin K: 1.15µg (1.1%), Vitamin A: 54.38IU (1.09%)