

Hot Spiced Wine



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



505 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons mulling spice
- ☐ 2 cups apple juice
- ☐ 1500 milliliter red wine
- ☐ 1 cup sugar

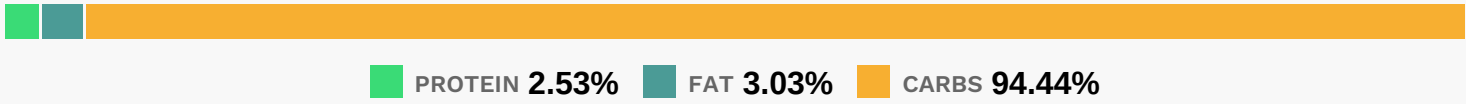
Equipment

- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Bring all ingredients to a boil in a Dutch oven; reduce heat, and simmer 15 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a pitcher, discarding mulling spices.
- ☐ Serve wine hot.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:33.84, Inflammation Score:-9, Nutrition Score:18.810869636743%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 6.03mg, Petunidin: 6.03mg, Petunidin: 6.03mg Delphinidin: 6.12mg, Delphinidin: 6.12mg, Delphinidin: 6.12mg, Delphinidin: 6.12mg Malvidin: 42.12mg, Malvidin: 42.12mg, Malvidin: 42.12mg, Malvidin: 42.12mg Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg Catechin: 22.97mg, Catechin: 22.97mg, Catechin: 22.97mg, Catechin: 22.97mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 16.21mg, Epicatechin: 16.21mg, Epicatechin: 16.21mg, Epicatechin: 16.21mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg Naringenin: 5.39mg, Naringenin: 5.39mg, Naringenin: 5.39mg, Naringenin: 5.39mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg

Nutrients (% of daily need)

Calories: 505.33kcal (25.27%), Fat: 1.02g (1.56%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 71.22g (23.74%), Net Carbohydrates: 63.48g (23.08%), Sugar: 52.08g (57.86%), Cholesterol: 0mg (0%), Sodium: 20.98mg (0.91%), Alcohol: 32.26g (100%), Alcohol %: 8.86% (100%), Protein: 1.91g (3.82%), Vitamin K: 111.53µg (106.22%), Manganese: 1.36mg (68.11%), Iron: 8.07mg (44.83%), Calcium: 316.06mg (31.61%), Fiber: 7.74g (30.96%), Magnesium: 89.39mg (22.35%), Vitamin E: 3.25mg (21.67%), Potassium: 711.06mg (20.32%), Vitamin B6: 0.38mg (18.83%), Vitamin B2: 0.21mg (12.5%), Folate: 45.1µg (11.27%), Phosphorus: 103.2mg (10.32%), Copper: 0.16mg (8.03%), Vitamin B3: 1.58mg (7.89%), Vitamin A: 308.91IU (6.18%), Zinc: 0.93mg (6.18%), Vitamin B1: 0.07mg (4.5%), Vitamin B5: 0.3mg (3.03%), Selenium: 1.75µg (2.49%), Vitamin C: 1.3mg (1.58%)