

Hot Spiced Wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 2.5 cups orange juice
- ☐ 1 cup water
- ☐ 0.5 teaspoon salt
- ☐ 2 cranberry-orange relish cut into 1/4-inch strips
- ☐ 6 cloves whole
- ☐ 3 allspice whole
- ☐ 1 cinnamon sticks

- ☐ 750 milliliters red wine dry red
- ☐ 1 slices cranberry-orange relish
- ☐ 1 cloves frangelico whole

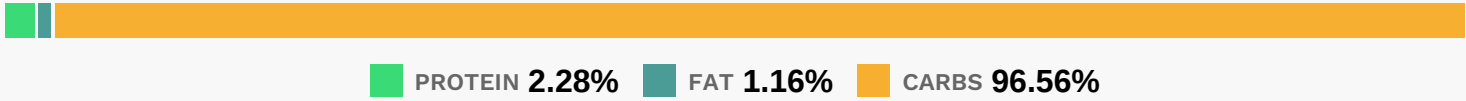
Equipment

- ☐ dutch oven

Directions

- ☐ Heat all ingredients except wine, orange slices and additional cloves to boiling in Dutch oven, stirring occasionally; reduce heat. Simmer uncovered 15 minutes.
- ☐ Remove orange peel and spices. Stir in wine.
- ☐ Heat just until hot (do not boil).
- ☐ Serve hot in mugs or heatproof glasses.
- ☐ Garnish each serving with orange slice studded with additional whole cloves.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:4.7, Inflammation Score:-6, Nutrition Score:5.8486956850342%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 15.41mg, Hesperetin: 15.41mg, Hesperetin: 15.41mg, Hesperetin: 15.41mg Naringenin: 6.9mg, Naringenin: 6.9mg, Naringenin: 6.9mg, Naringenin: 6.9mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin:

0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 190.41kcal (9.52%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 32.64g (11.87%), Sugar: 29.61g (32.9%), Cholesterol: 0mg (0%), Sodium: 127.67mg (5.55%), Alcohol: 8.06g (100%), Alcohol %: 4.82% (100%), Protein: 0.8g (1.59%), Vitamin C: 45.71mg (55.4%), Manganese: 0.26mg (13.23%), Potassium: 302.91mg (8.65%), Folate: 27.92µg (6.98%), Vitamin B1: 0.08mg (5.59%), Magnesium: 21.49mg (5.37%), Calcium: 47.45mg (4.75%), Vitamin B6: 0.09mg (4.74%), Fiber: 1.02g (4.08%), Iron: 0.7mg (3.91%), Vitamin A: 189.01IU (3.78%), Phosphorus: 33.17mg (3.32%), Copper: 0.06mg (3.2%), Vitamin B2: 0.05mg (3.16%), Vitamin B3: 0.53mg (2.64%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.18mg (1.17%)