

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
- 1 cinnamon sticks
- 1 slices cranberry-orange relish
- 2.5 cups orange juice
- 2 cranberry-orange relish cut into 1/4-inch strips
- 0.5 teaspoon salt
- 1 cup water
- 3 allspice whole

750 milliliters red wine dry red

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

 **PROTEIN 2.27%** **FAT 1.06%** **CARBS 96.67%**

Properties

Glycemic Index:17.2, Glycemic Load:4.7, Inflammation Score:-6, Nutrition Score:5.6560870046201%

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: 190.08kcal (9.5%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 32.6g (11.85%), Sugar: 29.61g (32.9%), Cholesterol: 0mg (0%), Sodium: 127.34mg (5.54%), Alcohol: 8.06g (100%), Alcohol %: 4.82% (100%), Protein: 0.79g (1.58%), Vitamin C: 45.71mg (55.4%), Manganese: 0.19mg (9.62%), Potassium: 301.69mg (8.62%), Folate: 27.89µg (6.97%), Vitamin B1: 0.08mg (5.58%), Magnesium: 21.18mg (5.29%), Vitamin B6: 0.09mg (4.72%), Calcium: 46.69mg (4.67%), Fiber: 0.98g (3.91%), Iron: 0.69mg (3.83%), Vitamin A: 188.82IU (3.78%), Phosphorus: 33.04mg (3.3%), Copper: 0.06mg (3.18%), Vitamin B2: 0.05mg (3.14%), Vitamin B3: 0.53mg (2.63%), Vitamin B5: 0.24mg (2.4%), Zinc: 0.17mg (1.15%)