



## Margaret's Hot Mulled Wine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 stick cinnamon (3 inch)
- 0.3 optional: lemon
- 1.5 liter red wine
- 1.5 cups water boiling
- 0.5 cup sugar white

### Equipment

- sauce pan

# Directions

- Bring water to a boil in a saucepan; dissolve sugar in water. Stir in lemon quarter, cloves, and cinnamon into water; boil for 10 minutes. Strain and return to saucepan.
- Stir red wine into water-sugar mixture; heat until piping hot, but not boiling, about 5 minutes.

# Nutrition Facts

**PROTEIN 1.02%** **FAT 0.68%** **CARBS 98.3%**

# Properties

Glycemic Index:14.45, Glycemic Load:9.53, Inflammation Score:-6, Nutrition Score:2.7591304766095%

# Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg, Petunidin: 3.77mg Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg, Delphinidin: 3.82mg Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg, Malvidin: 26.32mg Peonidin: 2.38mg, Peonidin: 2.38mg, Peonidin: 2.38mg, Peonidin: 2.38mg Catechin: 13.58mg, Catechin: 13.58mg, Catechin: 13.58mg, Catechin: 13.58mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg Naringenin: 3.39mg, Naringenin: 3.39mg, Naringenin: 3.39mg, Naringenin: 3.39mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

# Nutrients (% of daily need)

Calories: 211.86kcal (10.59%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.02%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 17.75g (6.46%), Sugar: 13.75g (15.28%), Cholesterol: 0mg (0%), Sodium: 10.06mg (0.44%), Alcohol: 20.16g (100%), Alcohol %: 10.19% (100%), Protein: 0.19g (0.38%), Manganese: 0.33mg (16.45%), Potassium: 248.35mg (7.1%), Magnesium: 23.8mg (5.95%), Vitamin B6: 0.11mg (5.59%), Iron: 0.94mg (5.21%), Phosphorus: 44.57mg (4.46%), Vitamin B2: 0.06mg (3.66%), Vitamin C: 1.81mg (2.19%), Calcium: 21.93mg (2.19%), Vitamin B3: 0.44mg (2.18%), Zinc: 0.28mg (1.88%), Copper: 0.03mg (1.58%), Fiber: 0.33g (1.31%)