

Mulled Red Wine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- 4 peppercorns whole black
- 1 stick cinnamon (3-inch)
- 10 servings cinnamon sticks
- 4 cups wine dry red (from two 750-ml bottles)
- 0.5 cup brandy
- 2 inch lemon zest fresh
- 2 inch orange zest fresh
- 0.8 cup sugar

1 vanilla pod halved lengthwise

1.5 cups water

Equipment

sauce pan

cheesecloth

Directions

Put cloves, peppercorns, and zest on cheesecloth, then tie closed to form a bag.

Combine wine, kirsch, water, sugar, cinnamon stick, vanilla bean, and cheesecloth bag in a 4-quart saucepan and bring to a boil, stirring.

Simmer 10 minutes.

Serve warm.

Nutrition Facts

PROTEIN 0.89% **FAT 1.74%** **CARBS 97.37%**

Properties

Glycemic Index:12.71, Glycemic Load:10.51, Inflammation Score:-4, Nutrition Score:1.6143478368935%

Flavonoids

Petunidin: 3.19mg, Petunidin: 3.19mg, Petunidin: 3.19mg, Petunidin: 3.19mg Delphinidin: 4.01mg, Delphinidin: 4.01mg, Delphinidin: 4.01mg, Delphinidin: 4.01mg Malvidin: 25.19mg, Malvidin: 25.19mg, Malvidin: 25.19mg, Malvidin: 25.19mg Peonidin: 1.78mg, Peonidin: 1.78mg, Peonidin: 1.78mg, Peonidin: 1.78mg Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg Epicatechin: 10.23mg, Epicatechin: 10.23mg, Epicatechin: 10.23mg, Epicatechin: 10.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 172.96kcal (8.65%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 18.32g (6.66%), Sugar: 15.04g (16.71%), Cholesterol: 0mg (0%), Sodium: 2.33mg (0.1%), Alcohol: 14.09g (100%), Alcohol %: 11% (100%), Protein: 0.18g (0.36%), Manganese: 0.42mg (20.92%), Fiber: 1.37g (5.46%), Calcium: 26.44mg (2.64%), Vitamin C: 1.44mg (1.74%), Iron: 0.22mg (1.22%)