

Mulled Red Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



11 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 1 handful allspice
- ☐ 2 cinnamon sticks
- ☐ 1 handful juniper berries
- ☐ 1 nutmeg whole
- ☐ 2 peel from 1/ an orange
- ☐ 1 cup sugar in the raw
- ☐ 2 magnum of zinfandel

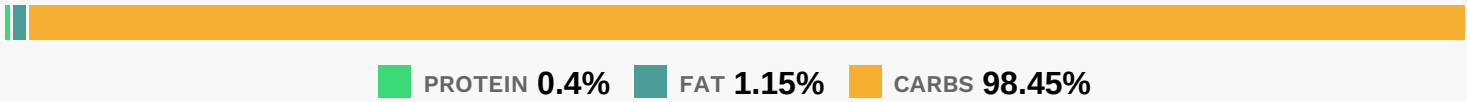
Equipment

- ☐ sauce pan
- ☐ cheesecloth

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine cinnamon, juniper, allspice and nutmeg in a cheesecloth bag and drop in a saucepan with a quarter of the wine.
- ☐ Add the sugar and orange peel. Simmer to blend flavors, about 6 minutes. Once heated, add the remaining wine and return to a simmer.
- ☐ Remove spice bag and orange peel and serve.
- ☐ If transporting in a thermos, heat thermos up with hot water to get it warm for 1 minute.
- ☐ Pour water out and fill with mulled wine.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.4378260908567%

Nutrients (% of daily need)

Calories: 142.73kcal (7.14%), Fat: 0.18g (0.28%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 34.41g (12.51%), Sugar: 33.18g (36.87%), Cholesterol: 0mg (0%), Sodium: 1.42mg (0.06%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 0.14g (0.29%), Manganese: 0.23mg (11.68%), Vitamin C: 5.56mg (6.74%), Fiber: 1.15g (4.6%), Calcium: 23.84mg (2.38%), Iron: 0.27mg (1.52%)