

Mulled White Wine



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 2 cinnamon sticks (each 3 in. long)
- ☐ 2 tablespoons honey
- ☐ 4 kumquats (each 1 in. long)
- ☐ 0.5 optional: lemon (2 in. wide)
- ☐ 0.5 cranberry-orange relish
- ☐ 2 bottles sauvignon blanc white wine dry white (750 ml. each) (see notes)
- ☐ 0.3 cup sugar
- ☐ 6 allspice whole

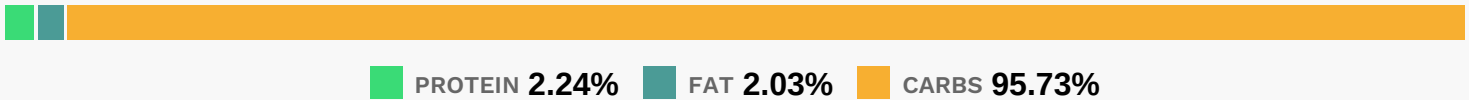
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ knife

Directions

- ☐ Rinse lemon, orange, and kumquats and thinly slice them, discarding seeds; quarter the orange slices. Put fruit in a 4- to 5-quart pan.
- ☐ Add honey, sugar (use the smaller amount if you prefer drinks on the tart side, the larger if you want a sweeter flavor), cloves, and allspice. With a knife, cut the cinnamon sticks lengthwise into thinner strips.
- ☐ Add cinnamon and 2 cups water to pan; bring to a boil over high heat, then reduce heat and boil gently for 5 minutes.
- ☐ Pour wine into hot citrus base (see notes) and heat until steaming, about 8 minutes. Keep warm over low heat. Ladle into heatproof cups or wineglasses.

Nutrition Facts



Properties

Glycemic Index:17.53, Glycemic Load:5.69, Inflammation Score:-1, Nutrition Score:1.2808695914953%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg Naringenin: 4.5mg, Naringenin: 4.5mg, Naringenin: 4.5mg, Naringenin: 4.5mg Apigenin: 1.39mg, Apigenin: 1.39mg, Apigenin: 1.39mg, Apigenin: 1.39mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 42.1kcal (2.11%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 10g (3.64%), Sugar: 9.65g (10.72%), Cholesterol: 0mg (0%), Sodium: 1.02mg (0.04%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 0.26g (0.51%), Vitamin C: 8.13mg (9.85%), Manganese: 0.12mg

(5.88%), Fiber: 1g (3.98%), Calcium: 13.72mg (1.37%)