



Mulled White Wine with Pear Brandy



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 3 cardamom pods green
- ☐ 3 tablespoons honey to taste
- ☐ 0.3 cup pears such as poire williams
- ☐ 4 slices pears
- ☐ 1 piece star anise

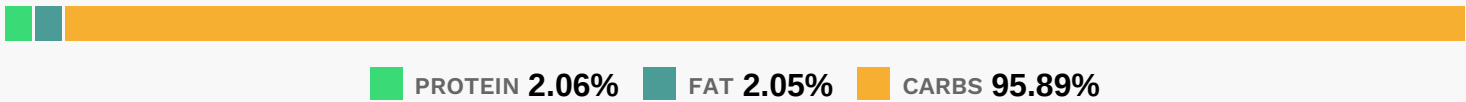
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Put the wine in a medium heavy saucepan with the star anise, ginger, cardamom, cloves, and honey (start with 3 tablespoons and adjust later if necessary). Set the pan over medium heat and bring just to a simmer, stirring occasionally. Turn off the heat and let the wine mull for at least 15 minutes.
- ☐ Taste and add more honey if you like. Gently reheat the wine until it starts to steam, then turn off the heat and stir in the brandy.
- ☐ Divide among 4 mugs or heatproof glasses, putting a few of the whole spices in each mug if you like, and add a slice of Asian pear. Toddy away!
- ☐ Reprinted with permission from The Food 52 Cookbook Volume 2 by Amanda Hesser and Merrill Stubbs, © 2012 William Morrow

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:13.48, Inflammation Score:-2, Nutrition Score:4.4073912851188%

Flavonoids

Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 138.92kcal (6.95%), Fat: 0.35g (0.54%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 31.8g (11.56%), Sugar: 27.56g (30.62%), Cholesterol: 0mg (0%), Sodium: 2.44mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.59%), Manganese: 0.51mg (25.52%), Fiber: 5.14g (20.56%), Vitamin C: 6.9mg (8.36%), Copper: 0.14mg (6.84%), Vitamin K: 6.6µg (6.29%), Potassium: 202.65mg (5.79%), Magnesium: 14.68mg (3.67%), Iron: 0.64mg (3.55%), Vitamin B2: 0.05mg (2.85%), Folate: 10.84µg (2.71%), Vitamin B6: 0.05mg (2.62%), Phosphorus: 22.41mg (2.24%), Calcium: 21.81mg (2.18%), Zinc: 0.31mg (2.07%), Vitamin B1: 0.02mg (1.46%), Vitamin B3: 0.28mg (1.42%), Vitamin E: 0.18mg (1.2%)