



Mulled White Wine with Pear Brandy



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2.3 inch ginger fresh
- ☐ 3 cardamom pods green
- ☐ 3 tablespoons honey to taste
- ☐ 0.3 cup pears such as poire williams
- ☐ 4 slices pears
- ☐ 1 piece star anise
- ☐ 750 ml wine dry grüner

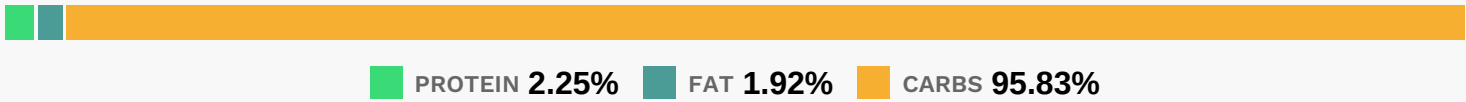
Equipment

- ☐ 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!
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Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:14.31, Inflammation Score:-6, Nutrition Score:6.3082608865655%

Flavonoids

Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg, Cyanidin: 3.09mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg 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 Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 298.04kcal (14.9%), Fat: 0.38g (0.58%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 37.37g (13.59%), Sugar: 29.45g (32.73%), Cholesterol: 0mg (0%), Sodium: 12.46mg (0.54%), Alcohol: 19.59g (100%), Alcohol %: 6.86% (100%), Protein: 1g (2%), Manganese: 0.74mg (37.1%), Fiber: 5.22g (20.87%), Potassium: 354.04mg (10.12%), Magnesium: 35.39mg (8.85%), Vitamin C: 7.1mg (8.6%), Vitamin B6: 0.15mg (7.69%), Copper: 0.15mg (7.66%), Vitamin K: 7.37µg (7.02%), Iron: 1.18mg (6.53%), Phosphorus: 57.98mg (5.8%), Vitamin B2: 0.08mg (4.61%), Calcium: 39.56mg (3.96%), Zinc: 0.55mg (3.68%), Folate: 13.18µg (3.29%), Vitamin B3: 0.52mg (2.6%), Vitamin B1: 0.03mg (2.15%), Vitamin B5: 0.18mg (1.8%), Vitamin E: 0.19mg (1.27%)