



## Mulled Wine

 Vegetarian  Gluten Free  Dairy Free

READY IN



123 min.

SERVINGS



10

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon peppercorns whole black
- 3 cinnamon sticks
- 1 piece ginger fresh sliced
- 0.8 cup honey
- 3 large strips lemon zest
- 3 large strips orange zest
- 1500 ml red wine
- 6 allspice whole

2 star anise whole

## Equipment

## Directions

- In the basket of a coffee percolator place the allspice berries, peppercorns, star anise, cinnamon sticks, ginger and citrus zest.
- Pour the wine and honey into the percolator. Attach basket, cover and let percolate for 1 to 2 hours.
- Serve hot.

## Nutrition Facts

**PROTEIN 1.42%** **FAT 0.73%** **CARBS 97.85%**

## Properties

Glycemic Index:13.93, Glycemic Load:11.68, Inflammation Score:-5, Nutrition Score:3.4152173723864%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Petunidin: 3.01mg, Petunidin: 3.01mg, Petunidin: 3.01mg, Petunidin: 3.01mg Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg, Delphinidin: 3.06mg Malvidin: 21.06mg, Malvidin: 21.06mg, Malvidin: 21.06mg, Malvidin: 21.06mg Peonidin: 1.9mg, Peonidin: 1.9mg, Peonidin: 1.9mg, Peonidin: 1.9mg Catechin: 10.86mg, Catechin: 10.86mg, Catechin: 10.86mg, Catechin: 10.86mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 2.69mg, Naringenin: 2.69mg, Naringenin: 2.69mg, Naringenin: 2.69mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

## Nutrients (% of daily need)

Calories: 213.56kcal (10.68%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 25.82g (9.39%), Sugar: 21.87g (24.3%), Cholesterol: 0mg (0%), Sodium: 7.6mg (0.33%), Alcohol:

16.13g (100%), Alcohol %: 11.28% (100%), Protein: 0.39g (0.78%), Manganese: 0.54mg (27%), Potassium: 231.81mg (6.62%), Iron: 1.08mg (5.99%), Magnesium: 21.94mg (5.49%), Vitamin B6: 0.1mg (5.05%), Phosphorus: 39.55mg (3.96%), Fiber: 0.98g (3.92%), Vitamin B2: 0.06mg (3.55%), Calcium: 31.34mg (3.13%), Vitamin K: 2.57µg (2.45%), Copper: 0.05mg (2.35%), Zinc: 0.32mg (2.1%), Vitamin B3: 0.41mg (2.07%), Vitamin C: 1.06mg (1.29%)