

## Mulled Wine



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 cups apple juice
- ☐ 10 cinnamon sticks
- ☐ 1 bottle cooking wine dry red
- ☐ 1 piece ginger fresh thinly sliced
- ☐ 2 tablespoons honey
- ☐ 1 navel oranges
- ☐ 6 allspice whole

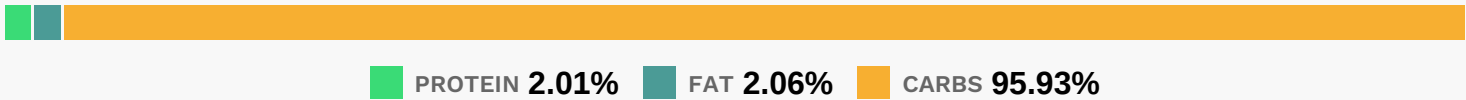
## Equipment

- ☐ sauce pan
- ☐ pot
- ☐ peeler

## Directions

- ☐ Using a vegetable peeler, peel the zest from the orange in long strips. (Reserve the fruit for another use.)In a large saucepan, gently simmer the zest, apple juice, honey, ginger, allspice, and 2 cinnamon sticks for 20 minutes. Stir in the wine and cook just until heated through.
- ☐ Serve hot with the remaining cinnamon sticks.Tip: For an extra touch, spike it with a splash of Cointreau.
- ☐ Add 1/4 cup Cointreau or some other orange-flavored liqueur to the pot.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:7.95, Inflammation Score:-5, Nutrition Score:4.6265217791433%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.92mg, Delphinidin: 3.92mg, Delphinidin: 3.92mg, Delphinidin: 3.92mg Malvidin: 24.6mg, Malvidin: 24.6mg, Malvidin: 24.6mg, Malvidin: 24.6mg Peonidin: 1.73mg, Peonidin: 1.73mg, Peonidin: 1.73mg, Peonidin: 1.73mg Catechin: 8.77mg, Catechin: 8.77mg, Catechin: 8.77mg, Catechin: 8.77mg Epicatechin: 15.83mg, Epicatechin: 15.83mg, Epicatechin: 15.83mg, Epicatechin: 15.83mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 171.09kcal (8.55%), Fat: 0.25g (0.39%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 23.71g (8.62%), Sugar: 17.84g (19.82%), Cholesterol: 0mg (0%), Sodium: 5.95mg (0.26%), Alcohol: 9.84g (100%), Alcohol %: 5.08% (100%), Protein: 0.56g (1.12%), Manganese: 0.87mg (43.47%), Vitamin C: 11.72mg (14.21%), Fiber: 3g (12%), Calcium: 62.23mg (6.22%), Potassium: 180.29mg (5.15%), Iron: 0.57mg (3.16%), Magnesium: 11.33mg (2.83%), Vitamin B1: 0.04mg (2.61%), Vitamin B6: 0.05mg (2.29%), Copper: 0.04mg (2.04%),

Vitamin B2: 0.03mg (2.01%), Folate: 6.44µg (1.61%), Phosphorus: 16.1mg (1.61%), Vitamin K: 1.37µg (1.3%), Vitamin B5: 0.13mg (1.27%), Vitamin B3: 0.24mg (1.19%), Vitamin A: 57.78IU (1.16%)