



Mulled Wine



Vegetarian



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brandy
- 4 cinnamon sticks
- 1500 ml wine dry red
- 1 cup honey
- 2 cranberry-orange relish thinly sliced
- 0.5 teaspoon allspice whole

Equipment

- bowl

- sauce pan
- sieve
- dutch oven

Directions

- In Dutch oven or 3-quart saucepan, mix all ingredients except additional cinnamon sticks.
- Heat uncovered to simmering over low heat. Simmer 1 hour, being careful not to boil.
- Pour mixture through strainer into heatproof pitcher or punch bowl; serve warm.
- Garnish with additional cinnamon sticks and orange slices, if desired.

Nutrition Facts

■ PROTEIN **1.42%**
■ FAT **0.43%**
■ CARBS **98.15%**

Properties

Glycemic Index:10.81, Glycemic Load:13.04, Inflammation Score:-5, Nutrition Score:2.1595651779486%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg,
 Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg
 Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg,
 Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg,
 Epicatechin: 13.52mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg
 Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.09mg, Luteolin:
 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg,
 Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
 Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.83mg, Quercetin:
 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 227.91kcal (11.4%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 30.24g (10.08%), Net
 Carbohydrates: 29g (10.54%), Sugar: 25.26g (28.07%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol:
 16.65g (100%), Alcohol %: 11.21% (100%), Protein: 0.44g (0.88%), Vitamin C: 11.88mg (14.4%), Manganese: 0.24mg
 (11.98%), Fiber: 1.24g (4.98%), Calcium: 23.48mg (2.35%), Folate: 7.26µg (1.81%), Potassium: 61.58mg (1.76%), Iron:
 0.26mg (1.42%), Copper: 0.03mg (1.36%), Vitamin B1: 0.02mg (1.34%), Vitamin B2: 0.02mg (1.2%), Vitamin B6:
 0.02mg (1.11%), Vitamin A: 53.68IU (1.07%)