

Mulled Wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups apple cider fresh
- ☐ 2 cinnamon sticks plus 8) for garnish (garnish optional)
- ☐ 2 cardamom pods green
- ☐ 1500 milliliter merlot
- ☐ 8 lady apples
- ☐ 2 cups tawny port
- ☐ 2 small oranges

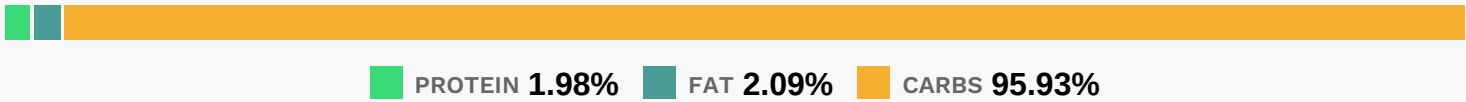
Equipment

☐ pot

Directions

- ☐ Press stem (pointed) end of 10 cloves into each tangerine, piercing through the skin.
- ☐ Place tangerines, wine, cider, Lady apples (if using), 2 cinnamon sticks, and cardamom pods in a large pot. Bring to a bare simmer over medium-low heat; cook gently for 20 minutes. DO AHEAD: Mulled wine can be made 2 hours ahead. Cover and let stand at room temperature. Rewarm gently over medium-low heat before continuing.
- ☐ Stir in Port. Divide among glasses; garnish each with a cinnamon stick and a Lady apple, if desired.

Nutrition Facts



Properties

Glycemic Index: 13.98, Glycemic Load: 8.47, Inflammation Score: -6, Nutrition Score: 5.3804347359616%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Peonidin: 1.6mg, Peonidin: 1.6mg, Peonidin: 1.6mg, Peonidin: 1.6mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 266kcal (13.3%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 30.56g (11.1%), Sugar: 23.32g (25.92%), Cholesterol: 0mg (0%), Sodium: 12.4mg (0.54%), Alcohol: 19.34g (100%), Alcohol %: 6.84% (100%), Protein: 0.71g (1.41%), Manganese: 0.5mg (24.82%), Vitamin C: 12.22mg (14.82%), Fiber: 3.64g (14.57%), Potassium: 412.65mg (11.79%), Magnesium: 29.93mg (7.48%), Vitamin B6: 0.14mg (7.12%), Iron: 1mg (5.55%), Vitamin B2: 0.09mg (5.41%), Phosphorus: 53.31mg (5.33%), Copper: 0.08mg (4.01%),

Vitamin B1: 0.06mg (3.86%), Calcium: 36mg (3.6%), Vitamin B3: 0.61mg (3.04%), Vitamin K: 2.85µg (2.72%), Zinc: 0.31mg (2.04%), Folate: 7.88µg (1.97%), Vitamin E: 0.26mg (1.75%), Vitamin B5: 0.17mg (1.74%), Vitamin A: 67.83IU (1.36%)