



Mulled wine cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 2 3 large clementines
- ☐ 1 optional: lemon
- ☐ 100 g g muscovado sugar light
- ☐ 4 servings orange zest
- ☐ 1 star anise
- ☐ 150 ml water
- ☐ 150 ml frangelico

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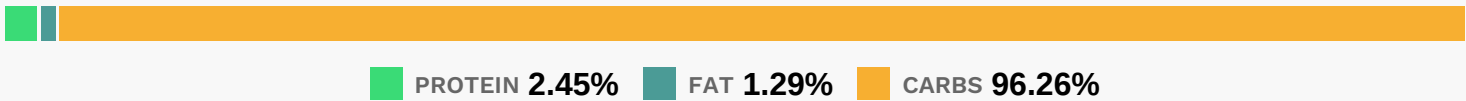
Equipment

frying pan

Directions

- Put 100g light muscovado sugar in a pan with 1 star anise, 1 cinnamon stick, 4 cloves and 150ml water.Bring slowly to the boil, stirring to dissolve the sugar. Simmer for 2 mins, then pour into a large jug and leave to cool.
- Add 1 lemon and 2 clementines, both thinly sliced, to the jug along with 150ml Cointreau and a 750ml bottle light red wine, such as a Beaujolais. Stir well, then cover and chill for at least 2 hrs or overnight if you can.
- Serve chilled or over ice, with a twist of orange zest and a star anise. If you'd like to serve a traditional warm mulled wine, there's no need to chill – simply warm through without boiling and serve in heatproof glasses.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:5.4965217165325%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 134.86kcal (6.74%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 32.16g (11.69%), Sugar: 28.34g (31.49%), Cholesterol: 0mg (0%), Sodium: 10.27mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 48.77mg (59.12%), Fiber: 3.16g (12.63%), Manganese: 0.19mg (9.56%), Calcium: 69.7mg (6.97%), Potassium: 168.81mg (4.82%), Vitamin B6: 0.08mg (4.19%), Folate: 15.78µg (3.94%), Vitamin B1: 0.06mg (3.87%), Iron: 0.65mg (3.63%), Magnesium: 12.07mg (3.02%), Copper: 0.06mg (3%), Vitamin B3: 0.42mg (2.09%), Vitamin B5: 0.2mg (2.04%), Phosphorus: 17.27mg (1.73%), Vitamin B2:

0.03mg (1.67%), Vitamin A: 59.7IU (1.19%), Vitamin E: 0.16mg (1.1%)