



Mulled Wine Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon brown sugar light
- ☐ 1 strip orange zest (4- x 1/2-inch)
- ☐ 2 cups powdered sugar

☐ 1 cup red wine (such as Merlot)

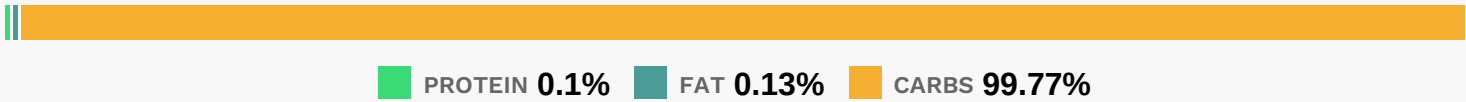
Equipment

☐ sauce pan

Directions

- ☐ Bring wine, brown sugar, orange peel strip, ground allspice, ground cloves, ground nutmeg, and ground cinnamon to a boil in a saucepan over high heat; boil 7 to 10 minutes or until reduced to 1/4 cup.
- ☐ Remove from heat, and stir in kosher salt until dissolved. Discard orange peel, and stir in powdered sugar until smooth.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:0.86173913352515%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg, Petunidin: 0.95mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg, Malvidin: 6.64mg Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 237.68kcal (11.88%), Fat: 0.03g (0.05%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 51.64g (18.78%), Sugar: 49.59g (55.1%), Cholesterol: 0mg (0%), Sodium: 120.03mg (5.22%), Alcohol:

5.09g (100%), Alcohol %: 6.49% (100%), Protein: 0.05g (0.11%), Manganese: 0.11mg (5.44%), Potassium: 67.41mg (1.93%), Magnesium: 6.39mg (1.6%), Iron: 0.29mg (1.59%), Vitamin B6: 0.03mg (1.48%), Vitamin B2: 0.02mg (1.44%), Phosphorus: 11.47mg (1.15%)