



Mulled Zinfandel Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



124 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 stick cinnamon (3-inch)
- ☐ 3 tablespoons chives fresh minced
- ☐ 1.5 teaspoons kosher salt
- ☐ 1.5 tablespoons lemon rind grated
- ☐ 1 large shallots minced
- ☐ 1 cup butter unsalted divided
- ☐ 6 allspice whole

☐ 1.5 cups red wine

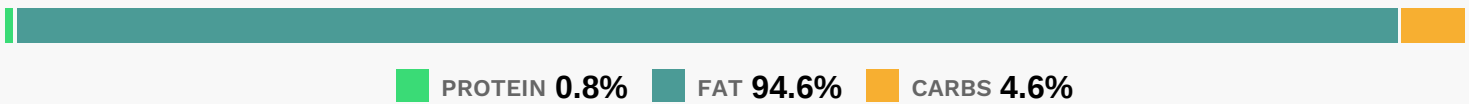
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ plastic wrap
- ☐ cheesecloth

Directions

- ☐ Place first 3 ingredients on a 6-inch square of cheesecloth; tie with string.
- ☐ Melt 2 tablespoons butter in a medium saucepan over medium heat; let remaining butter soften.
- ☐ Add shallot to saucepan, and saut 2 minutes or until tender.
- ☐ Add wine and cheesecloth bag; bring to a boil. Boil 15 minutes or until mixture reduces to 1/2 cup. Cool; remove and discard spice bundle.
- ☐ Process softened butter, cooled wine mixture, chives, lemon rind, salt, and pepper in a food processor until blended, stopping to scrape down sides.
- ☐ Roll butter into a 7-inch log in plastic wrap. Refrigerate until firm.

Nutrition Facts



Properties

Glycemic Index:7.94, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:1.047391306123%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 123.55kcal (6.18%), Fat: 11.52g (17.73%), Saturated Fat: 7.29g (45.57%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1g (0.36%), Sugar: 0.17g (0.19%), Cholesterol: 30.5mg (10.17%), Sodium: 219.88mg (9.56%), Alcohol:

2.46g (100%), Alcohol %: 7.8% (100%), Protein: 0.22g (0.44%), Vitamin A: 380.56IU (7.61%), Manganese: 0.06mg (2.75%), Vitamin K: 2.37µg (2.26%), Vitamin E: 0.34mg (2.25%), Vitamin C: 1.2mg (1.46%), Vitamin D: 0.21µg (1.42%), Fiber: 0.26g (1.06%)