



Old-Fashioned Swedish Glogg



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



7

CALORIES



1798 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 ounce blanched slivered almonds
- ☐ 3 cardamom pods whole
- ☐ 1 small cinnamon sticks
- ☐ 3 inch orange peel
- ☐ 3750 milliliter port wine
- ☐ 15 ounce raisins dark
- ☐ 750 milliliter rum white
- ☐ 750 milliliter proof bourbon whiskey

- ☐ 0.8 cup sugar white
- ☐ 8 inch cheesecloth
- ☐ 8 inch cheesecloth

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Heat the port wine over medium heat until just below the simmer point in a large stockpot with a lid.
- ☐ Add bourbon and rum, and bring back to just below simmering. Save the bottles and their caps for storing leftover glogg.
- ☐ While the wine and liquors are heating, place the cardamom, cinnamon stick, cloves, and orange peel onto the center of the square of cheesecloth. Gather together the edges of the cheesecloth, and tie with kitchen twine to secure.
- ☐ When mixture is very hot but not boiling, carefully light it with a long-handled match. Wearing a heatproof cooking mitt, carefully pour the sugar into the flames, and let the mixture burn for 1 minute.
- ☐ Put the lid on the stockpot to extinguish the flames, and turn off the heat.
- ☐ Let the mixture cool, covered, for about 10 minutes; add the cheesecloth bundle of spices and the raisins and almonds to the warm wine mixture and let it cool to room temperature, about 1 hour.
- ☐ Strain the cooled glogg and reserve the raisins and almonds.
- ☐ To store, pour strained glogg into the bottles, recap, and keep upright in a cool dark place for up to 1 year. Refrigerate the steeped raisins and almonds in a covered bowl or jar for up to 1 year.

To serve, pour glogg into a saucepan and warm over low-medium heat until hot but not simmering, about 5 minutes. Ladle 3 ounces of warmed glogg into a small coffee cup or small Swedish-style glogg mug, and garnish each serving with a few reserved raisins and almonds.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:40.6, Inflammation Score:-10, Nutrition Score:17.182173887025%

Flavonoids

Petunidin: 36.03mg, Petunidin: 36.03mg, Petunidin: 36.03mg, Petunidin: 36.03mg Delphinidin: 21.19mg, Delphinidin: 21.19mg, Delphinidin: 21.19mg, Delphinidin: 21.19mg Malvidin: 515.34mg, Malvidin: 515.34mg, Malvidin: 515.34mg, Malvidin: 515.34mg Peonidin: 21.36mg, Peonidin: 21.36mg, Peonidin: 21.36mg, Peonidin: 21.36mg Catechin: 53.58mg, Catechin: 53.58mg, Catechin: 53.58mg, Catechin: 53.58mg Epicatechin: 41.08mg, Epicatechin: 41.08mg, Epicatechin: 41.08mg, Epicatechin: 41.08mg Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg

Nutrients (% of daily need)

Calories: 1798.41kcal (89.92%), Fat: 13.22g (20.35%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 149.37g (49.79%), Net Carbohydrates: 142.21g (51.71%), Sugar: 64.91g (72.12%), Cholesterol: 0mg (0%), Sodium: 72.07mg (3.13%), Alcohol: 157.92g (100%), Alcohol %: 23.06% (100%), Protein: 7.95g (15.89%), Manganese: 1.61mg (80.55%), Vitamin E: 5.79mg (38.57%), Copper: 0.72mg (36.14%), Potassium: 1179mg (33.69%), Magnesium: 134.76mg (33.69%), Fiber: 7.16g (28.63%), Vitamin B2: 0.39mg (23.14%), Phosphorus: 220.98mg (22.1%), Iron: 3.92mg (21.78%), Vitamin B1: 0.23mg (15.36%), Vitamin B3: 2.78mg (13.89%), Calcium: 128.09mg (12.81%), Zinc: 1.35mg (9.03%), Vitamin B6: 0.15mg (7.4%), Vitamin C: 4.96mg (6.01%), Selenium: 4.01µg (5.73%), Folate: 14.09µg (3.52%), Vitamin B5: 0.28mg (2.85%)