



Orange-Scented Mulled Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 8 cardamom pods
- ☐ 1 tablespoon coriander seeds
- ☐ 3 tablespoons candied ginger chopped
- ☐ 2 bottles wine dry red (750 ml. each)
- ☐ 1 large cranberry-orange relish
- ☐ 8 tbsp sugar divided

Equipment

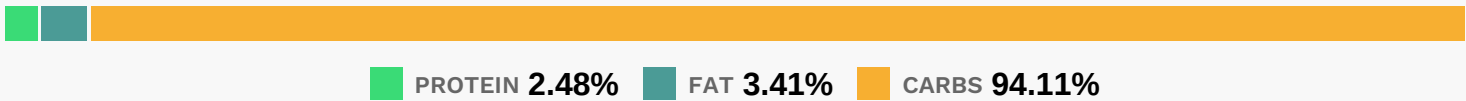
- ☐ sauce pan

- ☐ ladle
- ☐ wooden spoon
- ☐ peeler
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ With a vegetable peeler, pare 8 thin strips zest (4 in. by 1/2 in.) from orange. Juice orange and reserve juice.
- ☐ Wrap cardamom and coriander seeds and ginger in a piece of cheesecloth and tie with kitchen twine.
- ☐ In a nonreactive saucepan, crush orange zest and 7 tbsp. sugar with a wooden spoon to release oils from zest.
- ☐ Add reserved orange juice, wine, and spice packet. Cover and bring to a simmer over high heat, about 5 minutes.
- ☐ Remove from heat and let stand covered, 30 minutes. Discard spice packet and orange zest.
- ☐ To serve, heat wine, covered, over medium heat just until steaming. If you like, stir in liqueur and more sugar to taste. Ladle into heatproof glasses.
- ☐ Garnish with thin orange slices if you like.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:8.3, Inflammation Score:-1, Nutrition Score:2.7186956638875%

Flavonoids

Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 5.57mg, Hesperetin: 5.57mg, Hesperetin: 5.57mg, Hesperetin: 5.57mg Naringenin: 3.13mg, Naringenin: 3.13mg, Naringenin: 3.13mg, Naringenin: 3.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 68.75kcal (3.44%), Fat: 0.28g (0.43%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 15.97g (5.81%), Sugar: 15.08g (16.76%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 0.45g (0.9%), Manganese: 0.51mg (25.69%), Vitamin C: 11.37mg (13.78%), Fiber: 1.22g (4.88%), Iron: 0.36mg (2.03%), Magnesium: 7.95mg (1.99%), Calcium: 19.03mg (1.9%), Potassium: 64.15mg (1.83%), Folate: 6.13µg (1.53%), Vitamin B1: 0.02mg (1.51%), Zinc: 0.17mg (1.16%), Copper: 0.02mg (1.11%)