

Red-Wine Passion



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 2 bottles cooking wine dry red such as côtes du Rhône or merlot
- ☐ 10 half of orange
- ☐ 0.5 cup passion fruit juice fresh see Note
- ☐ 6 star anise pods
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon allspice whole

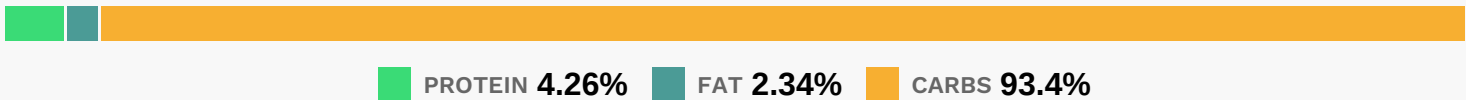
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ sieve

Directions

- ☐ In a medium saucepan, combine the wine, star anise, cinnamon and allspice. Simmer over moderate heat for 5 minutes. Cover and remove from the heat.
- ☐ Let the wine steep, covered, for 20 minutes.
- ☐ Whisk the sugar into the passion fruit juice until dissolved.
- ☐ Just before serving, reheat the wine, but do not boil. Stir in the passion fruit juice.
- ☐ Place an orange slice in each of 10 brandy snifters and ladle in the wine, leaving the spices behind; serve.
- ☐ Notes: To make fresh passion fruit juice, cut the fruit in half crosswise. Working over a coarse strainer set over a bowl, use a small spoon to scrape the seeds and juice into the strainer; press firmly to extract as much juice as possible. Eight small passion fruits yield 1/4 cup of juice, which can be frozen for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:14.59, Inflammation Score:-6, Nutrition Score:7.9039128383865%

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: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg 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: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 123.55kcal (6.18%), Fat: 0.35g (0.54%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 27.81g (10.11%), Sugar: 27.22g (30.24%), Cholesterol: 0mg (0%), Sodium: 1.38mg (0.06%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 1.43g (2.86%), Vitamin C: 73.7mg (89.34%), Fiber: 3.55g (14.19%), Folate: 40.42µg (10.11%), Potassium: 287.01mg (8.2%), Vitamin A: 388.86IU (7.78%), Vitamin B1: 0.12mg (7.77%), Calcium: 63.67mg (6.37%), Manganese: 0.12mg (6.14%), Vitamin B6: 0.09mg (4.51%), Vitamin B2: 0.07mg (4.31%), Magnesium: 17.09mg (4.27%), Copper: 0.08mg (3.79%), Vitamin B5: 0.33mg (3.34%), Vitamin B3: 0.59mg (2.93%), Iron: 0.45mg (2.52%), Phosphorus: 23.37mg (2.34%), Vitamin E: 0.25mg (1.63%), Selenium: 0.8µg (1.15%)