



Slow-Cooker Blood Orange Fizzy Mulled Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



125 min.

SERVINGS



12

CALORIES



158 kcal

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 10 peppercorns whole black
- ☐ 25.4 ounce blood oranges whole italian (such as Foods)
- ☐ 10 cardamom pods whole
- ☐ 2 sticks cinnamon sticks (3-inch)
- ☐ 5 juniper berries whole
- ☐ 1 navel oranges thinly sliced
- ☐ 1500 milliliter red wine red (such as zinfandel)
- ☐ 2 tablespoons sugar

☐ 1 whole star anise whole

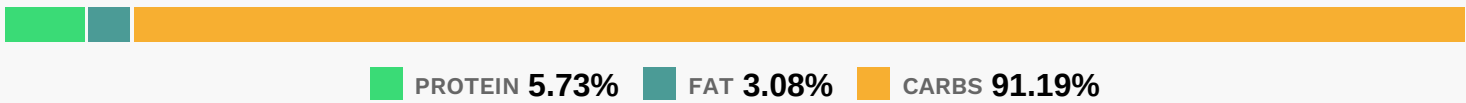
Equipment

☐ slow cooker

Directions

☐ Combine first 8 ingredients in an electric slow cooker. Cover and cook on HIGH for 2 hours; stir in sugar and vinegar. Stir in soda just before serving.

Nutrition Facts



Properties

Glycemic Index:18.72, Glycemic Load:4.46, Inflammation Score:0, Nutrition Score:7.1308696218159%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.51mg, Petunidin: 2.51mg, Petunidin: 2.51mg Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg, Delphinidin: 2.55mg Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg, Malvidin: 17.55mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 9.05mg, Catechin: 9.05mg, Catechin: 9.05mg, Catechin: 9.05mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 19.7mg, Hesperetin: 19.7mg, Hesperetin: 19.7mg, Hesperetin: 19.7mg Naringenin: 12.27mg, Naringenin: 12.27mg, Naringenin: 12.27mg, Naringenin: 12.27mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 157.81kcal (7.89%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 13.29g (4.83%), Sugar: 9.6g (10.66%), Cholesterol: 0mg (0%), Sodium: 5.9mg (0.26%), Alcohol: 13.44g (100%), Alcohol %: 8.34% (100%), Protein: 0.99g (1.99%), Vitamin C: 39.21mg (47.52%), Manganese: 0.77mg (38.43%), Fiber: 2.51g (10.03%), Potassium: 314.02mg (8.97%), Magnesium: 27.11mg (6.78%), Vitamin B6: 0.12mg (6.15%), Folate: 23.29µg (5.82%), Iron: 0.99mg (5.5%), Calcium: 52.68mg (5.27%), Vitamin B1: 0.07mg (4.69%),

Phosphorus: 44.34mg (4.43%), Vitamin B2: 0.07mg (4.31%), Vitamin A: 168.8IU (3.38%), Copper: 0.06mg (2.81%),
Vitamin B3: 0.53mg (2.66%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.22mg (2.22%)