



## Slow-Cooker White Cranberry Spiced Wine

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



14

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 750 ml wine (such as Riesling or Pinot Grigio)
- 12 oz cranberry-orange relish frozen thawed canned
- 3 cups 1/4 cup dried cranberry (juice sweetened if possible) white
- 0.5 cup sugar
- 0.3 cup candied ginger
- 6 sticks cinnamon (2 to 3-inch)
- 1 teaspoon nutmeg
- 1 cranberry-orange relish seedless sliced

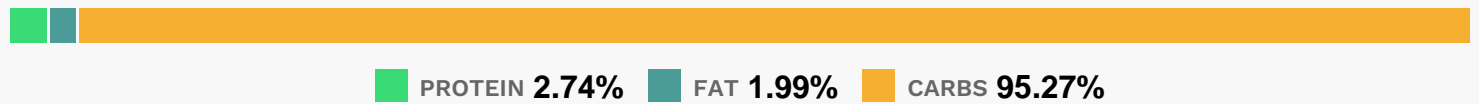
## Equipment

- ladle
- slotted spoon
- slow cooker

## Directions

- In 3 1/2 or 4-quart slow cooker, combine all ingredients; mix well.
- Cover; heat on Low setting for 3 to 4 hours.
- Remove cinnamon sticks with slotted spoon.
- To serve, have guests ladle hot wine into cups.

## Nutrition Facts



## Properties

Glycemic Index:20.44, Glycemic Load:10.05, Inflammation Score:-4, Nutrition Score:3.6734781990881%

## Flavonoids

Hesperetin: 9.17mg, Hesperetin: 9.17mg, Hesperetin: 9.17mg, Hesperetin: 9.17mg Naringenin: 5.16mg, Naringenin: 5.16mg, Naringenin: 5.16mg, Naringenin: 5.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 125.1kcal (6.25%), Fat: 0.2g (0.31%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 20.36g (7.4%), Sugar: 18.8g (20.89%), Cholesterol: 0mg (0%), Sodium: 1.71mg (0.07%), Alcohol: 5.72g (100%), Alcohol %: 4.75% (100%), Protein: 0.63g (1.27%), Vitamin C: 23.01mg (27.89%), Manganese: 0.27mg (13.74%), Fiber: 1.69g (6.75%), Vitamin E: 0.75mg (4.97%), Calcium: 33.16mg (3.32%), Potassium: 109.77mg (3.14%), Vitamin K: 3.23µg (3.08%), Folate: 10.84µg (2.71%), Copper: 0.05mg (2.6%), Vitamin B6: 0.05mg (2.55%), Vitamin B1: 0.04mg (2.33%), Vitamin A: 104.69IU (2.09%), Magnesium: 7.78mg (1.94%), Iron: 0.3mg (1.68%), Vitamin B2: 0.03mg (1.49%), Phosphorus: 13.02mg (1.3%)