



Spiced Orange Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



1055 kcal

BEVERAGE

DRINK

Ingredients



1500 ml cooking wine dry white



0.3 cup orange liqueur such as grand marnier



2 navel oranges



0.3 cup pernod



0.5 cup sugar



4 turkish

Equipment



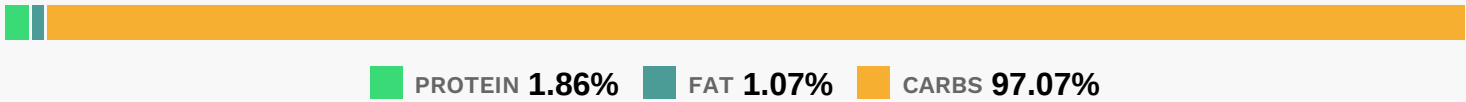
knife

☐ peeler

Directions

- ☐ Bring all ingredients except oranges to a boil (reserve wine bottles and corks), stirring until sugar has dissolved.
- ☐ Remove zest from oranges in a continuous spiral using a vegetable peeler and cut off any white pith with a paring knife. Reserve oranges for another use and divide zest between empty wine bottles.
- ☐ Fill bottles with orange wine and cool, uncorked, 1 hour.
- ☐ Cork bottles, then chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:37.87, Inflammation Score:-10, Nutrition Score:15.176956435908%

Flavonoids

Malvidin: 0.46mg, Malvidin: 0.46mg, Malvidin: 0.46mg, Malvidin: 0.46mg Catechin: 5.86mg, Catechin: 5.86mg, Catechin: 5.86mg, Catechin: 5.86mg Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg Hesperetin: 33.66mg, Hesperetin: 33.66mg, Hesperetin: 33.66mg, Hesperetin: 33.66mg Naringenin: 12.83mg, Naringenin: 12.83mg, Naringenin: 12.83mg, Naringenin: 12.83mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1055.36kcal (52.77%), Fat: 0.48g (0.73%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 96.79g (32.26%), Net Carbohydrates: 93.65g (34.06%), Sugar: 78.6g (87.34%), Cholesterol: 0mg (0%), Sodium: 42.65mg (1.85%), Alcohol: 97.4g (100%), Alcohol %: 12.22% (100%), Caffeine: 7.67mg (2.56%), Protein: 1.85g (3.7%), Vitamin C: 82.83mg (100.4%), Manganese: 0.96mg (47.98%), Vitamin B6: 0.49mg (24.74%), Magnesium: 92.61mg (23.15%), Potassium: 784.09mg (22.4%), Phosphorus: 172.34mg (17.23%), Folate: 55.57µg (13.89%), Iron: 2.38mg (13.21%), Calcium: 131.14mg (13.11%), Fiber: 3.13g (12.53%), Vitamin B2: 0.2mg (11.8%), Vitamin B1: 0.14mg (9.08%), Vitamin B3: 1.47mg (7.34%), Vitamin A: 358.17IU (7.16%), Vitamin B5: 0.71mg (7.08%), Zinc: 1.06mg (7.05%), Copper: 0.11mg (5.37%), Vitamin K: 3.04µg (2.9%), Selenium: 1.15µg (1.65%), Vitamin E: 0.21mg (1.4%)