

Spiced Red Wine with Brandy and Citrus

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1073 kcal

BEVERAGE

DRINK

Ingredients

- 750 ml wine dry red (such as Côtes du Rhône or Merlot)
- 0.5 optional: lemon sliced
- 1 cranberry-orange relish sliced
- 1 orange zest (with vegetable peeler)
- 6 tablespoons sugar
- 1 vanilla pod
- 0.5 cup framboise eau de vie

Equipment

measuring cup

cheesecloth

Directions

Combine sliced orange and lemon, vanilla bean, orange peel and cloves in large glass jar.

Pour wine over. Cover and place in cool dark area for 2 weeks.

Strain wine through several layers of cheesecloth into 4-cup measuring cup. Discard solids in cheesecloth.

Add framboise and sugar to wine; stir until sugar dissolves.

Pour mixture into wine bottle or decorative bottle. Cork bottle and place in cool dark area for at least 1 week. (Can be made 6 weeks ahead. Store in cool dark area.)

Serve in small wineglasses.

Nutrition Facts



PROTEIN 1.9% **FAT 2.23%** **CARBS 95.87%**

Properties

Glycemic Index:138.09, Glycemic Load:56.39, Inflammation Score:-10, Nutrition Score:9.3573912485786%

Flavonoids

Petunidin: 25.26mg, Petunidin: 25.26mg, Petunidin: 25.26mg, Petunidin: 25.26mg Delphinidin: 31.8mg, Delphinidin: 31.8mg, Delphinidin: 31.8mg, Delphinidin: 31.8mg Malvidin: 199.64mg, Malvidin: 199.64mg, Malvidin: 199.64mg, Malvidin: 199.64mg Peonidin: 14.08mg, Peonidin: 14.08mg, Peonidin: 14.08mg, Peonidin: 14.08mg Catechin: 58.58mg, Catechin: 58.58mg, Catechin: 58.58mg, Catechin: 58.58mg Epicatechin: 81.1mg, Epicatechin: 81.1mg, Epicatechin: 81.1mg, Epicatechin: 81.1mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 50.76mg, Hesperetin: 50.76mg, Hesperetin: 50.76mg, Hesperetin: 50.76mg Naringenin: 20.37mg, Naringenin: 20.37mg, Naringenin: 20.37mg, Naringenin: 20.37mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 2.6mg, Myricetin: 2.6mg, Myricetin: 2.6mg, Myricetin: 2.6mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 1073.02kcal (53.65%), Fat: 1.32g (2.04%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 128.03g (42.68%), Net Carbohydrates: 122.11g (44.4%), Sugar: 85.45g (94.95%), Cholesterol: 0mg (0%), Sodium: 2.16mg (0.09%),

Alcohol: 82.84g (100%), Alcohol %: 9.11% (100%), Protein: 2.54g (5.08%), Vitamin C: 114.63mg (138.95%), Fiber: 5.93g (23.71%), Folate: 48.84µg (12.21%), Vitamin B1: 0.15mg (10%), Potassium: 338.51mg (9.67%), Calcium: 86.48mg (8.65%), Vitamin B6: 0.14mg (7.15%), Vitamin A: 357.03IU (7.14%), Vitamin B2: 0.09mg (5.16%), Magnesium: 20.06mg (5.01%), Vitamin B5: 0.49mg (4.89%), Copper: 0.09mg (4.75%), Iron: 0.59mg (3.26%), Phosphorus: 29.5mg (2.95%), Vitamin B3: 0.53mg (2.66%), Manganese: 0.05mg (2.59%), Vitamin E: 0.35mg (2.31%), Selenium: 1.42µg (2.03%), Zinc: 0.16mg (1.08%)