

Spiced wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g muscovado sugar light
- ☐ 2 juice of orange cut into chunks
- ☐ 2 cinnamon sticks
- ☐ 8 servings little nutmeg freshly grated
- ☐ 75 cl red wine light
- ☐ 1 apples cored sliced quartered

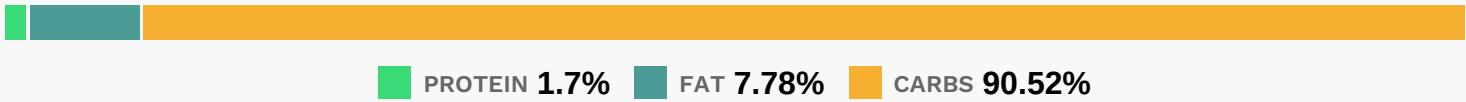
Equipment

- ☐ frying pan

Directions

- ☐ Put the sugar, the orange zest, juice and chunks, cinnamon and nutmeg in a pan with 300ml/12pt water and bring to the boil. Simmer for 10 mins to infuse the spices, then add the wine and apple slices and bring to a simmer.
- ☐ Serve in heatproof glasses.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:2.4, Inflammation Score:-4, Nutrition Score:3.2591304105261%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 1.86mg, Petunidin: 1.86mg, Petunidin: 1.86mg, Petunidin: 1.86mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 12.98mg, Malvidin: 12.98mg, Malvidin: 12.98mg, Malvidin: 12.98mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 6.99mg, Catechin: 6.99mg, Catechin: 6.99mg, Catechin: 6.99mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg, Naringenin: 1.98mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 158.43kcal (7.92%), Fat: 0.81g (1.24%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 19.64g (7.14%), Sugar: 16.92g (18.8%), Cholesterol: 0mg (0%), Sodium: 8.03mg (0.35%), Alcohol: 9.94g (100%), Alcohol %: 8.58% (100%), Protein: 0.4g (0.79%), Manganese: 0.35mg (17.63%), Vitamin C: 8.64mg (10.47%), Fiber: 1.46g (5.83%), Potassium: 200.8mg (5.74%), Magnesium: 19.35mg (4.84%), Iron: 0.71mg (3.95%), Vitamin B6: 0.08mg (3.92%), Calcium: 33.34mg (3.33%), Phosphorus: 31.93mg (3.19%), Copper: 0.05mg (2.62%), Vitamin B2: 0.04mg (2.41%), Folate: 7.82µg (1.95%), Vitamin B1: 0.03mg (1.94%), Vitamin B3: 0.34mg (1.71%), Zinc:

0.21mg (1.4%), Vitamin K: 1.16µg (1.11%)