



Swedish Glogg



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



20

CALORIES



273 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup blanched almonds and
- ☐ 2 cups brandy
- ☐ 2 cinnamon sticks
- ☐ 4 cups orange muscat
- ☐ 0.5 orange zest
- ☐ 4 cups port wine (or Burgundy)
- ☐ 1 cup raisins
- ☐ 12 cardamom seeds

- ☐ 2 cups water
- ☐ 1 cup sugar white

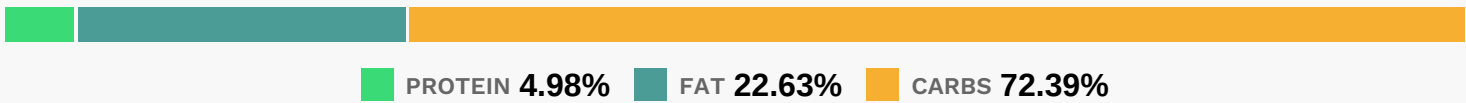
Equipment

- ☐ sauce pan

Directions

- ☐ Bring water to a boil with cardamom, cinnamon, cloves, and orange zest; stir in sugar until dissolved.
- ☐ Remove from heat, and allow to steep overnight.
- ☐ Place the raisins and almonds into a large saucepan. Strain the sugar water into the raisins, then pour in Muscatel, port, and brandy.
- ☐ Place over medium-high heat, and cook until hot but not simmering.
- ☐ Serve warm in a mug with some fruit and almonds in each cup.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:10.04, Inflammation Score:-5, Nutrition Score:2.9721739290525%

Flavonoids

Petunidin: 3.18mg, Petunidin: 3.18mg, Petunidin: 3.18mg, Petunidin: 3.18mg Delphinidin: 1.87mg, Delphinidin: 1.87mg, Delphinidin: 1.87mg, Delphinidin: 1.87mg Malvidin: 45.52mg, Malvidin: 45.52mg, Malvidin: 45.52mg, Malvidin: 45.52mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 272.63kcal (13.63%), Fat: 3.65g (5.62%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24.89g (9.05%), Sugar: 14.02g (15.58%), Cholesterol: 0mg (0%), Sodium: 9.1mg (0.4%), Alcohol: 19.52g (100%), Alcohol %: 14.75% (100%), Protein: 1.81g (3.61%), Manganese: 0.26mg (12.85%), Vitamin E: 1.49mg (9.95%), Magnesium: 23.76mg (5.94%), Copper: 0.12mg (5.93%), Fiber: 1.39g (5.55%), Potassium: 147.98mg (4.23%), Phosphorus: 41.07mg (4.11%), Vitamin B2: 0.07mg (4.09%), Iron: 0.55mg (3.08%), Calcium: 25.42mg (2.54%), Vitamin B3: 0.41mg (2.06%), Vitamin B1: 0.03mg (2.04%), Zinc: 0.25mg (1.68%), Vitamin B6: 0.02mg (1.11%)