

Warm Spiced Wine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 4 strips lemon zest 3 inch
- ☐ 1 nutmeg whole
- ☐ 4 strips orange peel 3 inch
- ☐ 3 tablespoons sugar white
- ☐ 750 milliliter merlot wine

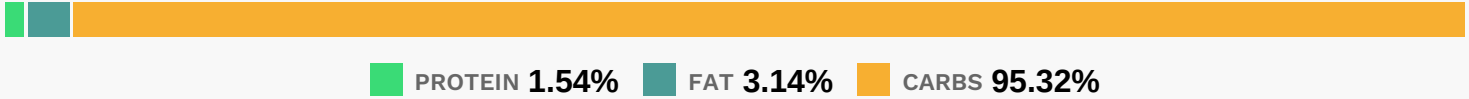
Equipment

- ☐ sauce pan

Directions

☐ Combine merlot, sugar, orange peels, lemon peels, cinnamon sticks, cloves, and nutmeg in a saucepan over medium heat; simmer until sugar is dissolved and flavors have blended, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:4.79, Inflammation Score:-4, Nutrition Score:2.2613043253836%

Nutrients (% of daily need)

Calories: 133.94kcal (6.7%), Fat: 0.16g (0.24%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 9.97g (3.63%), Sugar: 7.14g (7.93%), Cholesterol: 0mg (0%), Sodium: 6.63mg (0.29%), Alcohol: 13.19g (100%), Alcohol %: 12.32% (100%), Protein: 0.17g (0.35%), Manganese: 0.37mg (18.55%), Magnesium: 15.51mg (3.88%), Potassium: 134.33mg (3.84%), Vitamin B6: 0.07mg (3.66%), Fiber: 0.83g (3.32%), Iron: 0.59mg (3.28%), Phosphorus: 27.04mg (2.7%), Calcium: 24.47mg (2.45%), Vitamin C: 1.82mg (2.21%), Vitamin B2: 0.03mg (1.89%), Zinc: 0.2mg (1.32%), Vitamin B3: 0.24mg (1.2%)