



White mulled wine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



10

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bottles cheap white wine good
- 500 ml cider light
- 150 ml elderflower cordial
- 2 lemon zest (pared into strips using a vegetable peeler)
- 2 cinnamon sticks
- 1 vanilla pod split
- 4 tbsp caster sugar

Equipment

frying pan

ladle

Directions

Put all the ingredients into a pan and heat until steaming but not boiling. Ladle into mugs or glasses to serve, while you keep the rest warm on a low heat.

Nutrition Facts



PROTEIN 0.63% **FAT 3.18%** **CARBS 96.19%**

Properties

Glycemic Index:9.01, Glycemic Load:3.36, Inflammation Score:-1, Nutrition Score:0.56347826333798%

Nutrients (% of daily need)

Calories: 42.56kcal (2.13%), Fat: 0.1g (0.16%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.49g (2.36%), Sugar: 6.18g (6.87%), Cholesterol: 0mg (0%), Sodium: 2.19mg (0.1%), Alcohol: 2.51g (100%), Alcohol %: 4.41% (100%), Protein: 0.05g (0.09%), Manganese: 0.12mg (6.13%), Fiber: 0.5g (2%), Vitamin C: 1.57mg (1.91%)