

Mulled Wine

Prep time: 40 min

Serves: 2

INGREDIENTS

½ bottle of red wine

1 stick of cinnamon

2 star anise

2 cloves

1 sliced orange

1 sliced lemon

50g of brown sugar

Add all ingredients in the saucepan and cook (without boiling) for 6-8 minutes

Serve in heatproof glasses



| Nutrition Facts | |
|---|----------------|
| Serving size | per glass |
| Amount Per Serving | |
| Calories | 32180 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carbohydrate 18g | 7% |
| Dietary Fiber 1g | 4% |
| Total Sugars 13g | |
| Includes 0g Added Sugars | 0% |
| Protein 0g | 0% |
| <small>Not a significant source of vitamin D, calcium, iron, and potassium</small> | |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |