



Mulled Wine and Orange Spritzer

By Katie Ferraro, MPH, RD, CDE

Servings: 12

Ingredients	Nutrient value per serving Serving Size = 1 c.
<ul style="list-style-type: none"> 1 c. apple cider ¾ c. orange juice ¼ c. lemon juice ½ of a 750 ml bottle of red wine (375 ml total) 2 T. honey 1 cinnamon stick Zest of one med. orange Zest of one med. lemon 4 whole cloves 1 star anise 1 L. soda water or club soda 2 med. orange and 1 med. lemon peeled and sliced, for garnish 	<ul style="list-style-type: none"> Exchanges½ fruit½ fat Calories70 Calories from Fat.....0 Total Fat0 g Saturated Fat0 g Cholesterol0 mg Sodium20 mg Carbohydrate10 g Fiber1 g Sugar7 g Protein.....0 g
Instructions	Notes
<ul style="list-style-type: none"> 1. Place apple cider, orange juice, lemon juice, red wine, honey, cinnamon stick, orange zest, lemon zest, cloves and star anise in a large pot and simmer over low heat for 10 min. 2. Remove from heat and cool completely. 3. Add soda water or club soda to chilled wine. 4. Refrigerate or serve over ice. 5. Garnish with orange and lemon slices. 	<p>Prep and cook time: 15 min.</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>Adding soda water to cocktails is a great way to cut calories while extending your drink allowance over the holidays. Don't be intimidated by the thought of making your own mulled wine. You'll love the simplicity of this seasonal sipper.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread stuffing, bran germ, malt, starch, etc.).</i></p>