

Low-Carb Mulled Wine

Hands-on 5 minutes Overall 15 minutes

Nutritional values (per serving, ~ 150 ml/ 5 fl oz): Total carbs: 4.3 g, Fiber: 0 g,

Net carbs: 4.3 g, Protein: 0.1 g, Fat: 0 g, Calories: 122 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 5 servings)

- 1 (750 ml) bottle dry red wine (*merlot works best*)
- 1/2 orange, cut into wedges
- 1/4 cup cranberries (25 g/ 0.9 oz)
- 8 cloves
- 3 [cinnamon sticks](#)
- 4 star anise pods
- 1/3 cup [powdered Erythritol](#) or [Swerve](#) (53 g/ 1.9 oz)

Tips:

Sweetener can be used to taste. Here's a [list of suitable low-carb sweeteners](#).

Nutrition facts are estimated - they do not include ingredients that are used for infusing.

Some of the alcohol will be "cooked out" resulting in fewer calories.

If you are trying to cut down on alcohol, add 1/2 to 1 cup of water and simmer it on a very low heat for up to 45 minutes. This way you will significantly reduce the alcohol content, leaving the amazing flavour intact.

Instructions

1. Pour the wine into a medium pot.
2. Add the orange wedges, cranberries, ...
3. ... cloves, cinnamon sticks and star anise.
4. Add the Erythritol.
5. Bring to a simmer over medium low heat. Simmer for 15 minutes.
6. Strain into glasses and serve. Happy Holidays!

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