

# Gluhwein

Yield: 12 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/gluhwein-recipe-south-africa>

## Ingredients:

- 6 1/3 cups dry red wine or 1.5 liquid qt, 2 bottles
- 2 oranges sliced
- 6 cardamom pods
- 1 teaspoon allspice 9 berries
- 1 teaspoon cloves whole
- 4 anise stars
- 3 sticks cinnamon
- 4 tablespoons demerara sugar or other sweetener of your choice
- Orange sliced, to garnish, optional

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 21 grams
3. Fiber: 5 grams
4. Protein: 1 grams
5. Sodium: 5 milligrams
6. Sugar: 6 grams

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