

# Wine Nutrition Facts

Researchers keep saying that one glass of a good red wine a day can benefit your health. And as if that's enough, most people neglect to learn about its nutrition facts believing that the only difference is confined to the level of sweetness.

As a matter of fact, the **nutritional value of wine** is quite complex, therefore, knowledge and understanding of which can incline the consumer towards healthier choices.



## Nutritional Value of Wine

Wine contains zero fat, a small amount of protein and some amount of carbohydrates. Both red and white wine provide approximately the same quantity of carbohydrates, which is about 20 grams per 750 ml bottle.

Wine is not a source of complex carbohydrates or dietary fiber, therefore all of the carbs are in the form of simple sugars. One bottle of red wine contains about 115 calories of carbohydrates, while other calories would be from alcohol.

## Number of Calories in One Glass

An average glass of wine, which is about 5 oz, contains anywhere from 70 to 200 calories. But what confuses the most is where those calories come from.



Although initially made out of sugar, the primary source of those calories would be alcohol. That's when a lack of knowledge plays a bad trick of underestimation. During the process of fermentation natural grape sugars turn into alcohol that consequently contains even more calories. Which should be a reminder for moderate consumption.

## Is all wine the same?

One of the major differences between red and white wine is the process of [fermentation](#). White wine is fermented through the utilization of pure grape juices, while fermentation of red wine includes grape seeds and skin. Because seeds and skins are sources of numerous healthy compounds, the **nutritional value of red wine** is essentially higher.



Although primarily red wine has more calories than white wine, dry red wine is almost as low in calories as white wine. Such red wines as Pinot Noir, Cabernet Sauvignon and Merlot have only about 122 calories per serving. While all of them contain about 12% of carbs, Merlot stands out with a long list of vitamins and minerals. One serving of Merlot will provide you with such vitamins as Niacin, Folate, Vitamin B6, and such minerals as Calcium, Iron, Phosphorus, Potassium, and Zinc.

## How Can Wine Benefit Your Health?

But besides high-calorie count, **red wine nutrition** components can have some positive influence as well. The fermentation of grape skins with the juice creates a number of healthy compounds, such as resveratrol, antioxidants, and flavonoids.

Antioxidants are the **vitamins in red wine** that help body cells renew and resist damages. The essential ones are iron, magnesium, and niacin. They can reduce the risk of heart disease by approximately 30%. Besides, they help to prevent mental decline and joint inflammation.

Red wine contains two major antioxidants: flavonoids and resveratrol. Recent researches show that resveratrol can prolong life by activating protein in the body.

## Is Wine Vegan and Gluten-Free?

Even though wine is made from grapes, in most cases it cannot be labeled as “vegan”. Because the natural fermentation process takes a long time, some wineries use animal-sourced byproducts. One of the examples of “processing aids” for the fining process is egg whites.

The good news is that wine is gluten-free. Although, in the case of celiac disease the best decision would be to double-check with the winery directly.

While there is proof that wine indeed has several health advantages, the most important thing to remember is the limit. [Harvard Medical School recommends](#) having no more than one glass a day for women and two glasses for men. Knowing everything above you would be able to maintain the golden mean between pleasure and healthy choices.