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How many calories in a whole bottle of white wine

Have you ever checked out a wine menu and felt overwhelmed? Maybe the running conversation in your head went something like this: What's the difference between a pinot gris and a pinot grigio, or are they the same thing?You're definitely not alone. The world of wine is mysterious, complex and oh-so delicious. There are many types of wine from all over the globe and many delicious bottles just waiting for you to pop them. Ultimately, you have to let your own taste determine what you like.In this article, we're going to focus strictly on white wine. Chardonnay, pinot grigio, gewurztraminer, moscato, riesling, sauvignon blanc, viognier, to name a few. There's so much variety!Does white wine have any nutritional value? Find out as we review some of the facts.All wines are classified as dry or sweet depending on how much sugar they've retained in the fermentation process. If the process is short, the wine contains more residual sugar -- and more calories, too -- and will taste sweeter. The dry wine will have less sugar.But it's not just sugar that determines whether we experience wine as dry or sweet. The acidity, level of alcohol and level of tannins -- acids in the wine that come from grape skins, stems and seeds -- also influence the perception of sweetness.What's in a Pour?A standard serving size for a glass of wine depends on the type of wine you're drinking. A standard pour for dry white wines, like reds, is 6 ounces, but sweet dessert wines are served in daintier portions of 3 ounces.Studies suggest that red wine may be more heart-healthy than other alcoholic drinks, like white wine or beer, because it contains an antioxidant called resveratrol. Researchers think resveratrol may help prevent damage to blood vessels, lower "bad" cholesterol and inhibit blood clots. But the Mayo Clinic cautions that more research is needed on people, not just mice, to establish that red wine is more beneficial to your heart than white.However, there is also evidence that the flesh of the grapes as well as the skins has properties that protect your ticker. Vintners press the skins to make red wine, but they remove them to make most white wines. As a result, red wines contain more resveratrol, but white wines contain other types of antioxidants that are beneficial to heart health.Have you ever looked at a bottle of wine and wondered what the decal reading "organic" really means? No wonder so many people are confused. The definition of "organic" can be slippery.Let's start with wine that has the USDA organic seal on it. This means it's made from organically grown grapes, and that the certifying agency is disclosed on the bottle. USDA organic wine can't have any added sulfites, which are preservatives that keep the wine from turning into vinegar, but it may have naturally occurring sulfites, as long as they total less than 20 parts per million. Wine labeled "made with organic grapes" or "made with organically grown grapes" is made from organic grapes, but it may include added sulfites.Vegan wine contains no animal-derived ingredients. Although many of the wines that use such ingredients during the processing stage don't actually contain animal products in final bottle form, their mere use is enough to make the wine unacceptable for vegans. Organic and vegan wines tend to cost more than nonorganic or nonvegan wines. Their selection is smaller, but don't worry, there are still loads to choose from.So, how do organic or vegan wines compare on the palate? Only you can answer that! You might just have to do a taste test.Even when wine is guaranteed to contain no gluten, it may not be gluten-free. What's the catch? Although the grapes used to make any wine naturally contain no gluten, environmental contaminants that do contain gluten still can end up in the product.If you have celiac disease or another medical condition that precludes your consuming gluten, select wines that are gluten-free. As in the case of gluten-free foods and other beverages like gluten-free beer, taste is subjective. Some folks don't taste a difference at all; others do. You be the judge.Food takes on flavors of the wine you cook with, just as it does with spices. Use white wine for sauces, sautes, soups, marinades or other dishes. Depending on what you do with the wine, the alcohol in it often evaporates completely during cooking.One recommendation is to cook with a wine you'd enjoy drinking. Don't use the cheapest wine you can find or use an expensive bottle. This way, you avoid infusing your food with the unpleasant notes of cheap wine or wasting a perfectly good bottle that's meant to be enjoyed on its own (so that you can detect all of its complexities without interference from food flavors).One benefit of cooking with white rather than red wine is that it doesn't turn your food red.Related ArticlesSourcesBauer, Joy. "Is wine good for you?" MSN Today Health. June 4, 2008. (July 1, 2011)Clark, Josh. "Should I drink a glass of wine each day to prevent aging?" HowStuffWorks.com. April 23, 2009. (July 1, 2011) . Kraus Home Wine & Beer Making Supplies. "Making High Alcohol Wines." 2009. (July 1, 2011) . "Calories in White Wine." 2011. (July 4, 2011) Craig, Ph.D. "How Winemaking Works." HowStuffWorks.com. March 28, 2001. (July 1, 2011) . "Why is organic wine more expensive than regular wine when the producers have saved money on fertilizers?" 2011. (July 1, 2011) Weight Forum. "Calories in Wine." 2007. (July 1, 2011)Mayo Clinic Staff. "Heart Disease." Mayo Clinic. 2011. (July 1, 2011) Consumers Association. "Clearing up the Confusion about Organic Wine." (July 1, 2011) Friends of Wine. "Wine and Health." April 16, 2011. (July 1, 2011) . "Calories in Chardonnay." 2011. (July 4, 2011) Wine Guide. "Frequently asked questions." (July 1, 2011) Wine And Heart Health." May 16, 2007. (July 1, 2011) . "Tannins." (July 1, 2011). The most popular is the buttery, oak flavored Chardonnay that comes from aging the wine in oak barrels. Chardonnays are often described as having an apple, citrus, or melon flavor. The French Chardonnay white wine producing region is Chablis, where wineries have been making the best wines since the 12th century. Visit Chablis.net for more information. The warm climate of California's Napa Valley often yields a fruitier, more citrus-flavored white wine. In Australia, Jacob's Creek Winery has won local and international awards, while Grgich Hills Winery of Napa Valley is considered by some to be one of the most popular Chardonnay makers in the world. For Chardonnay white wine food pairing, take a look at this quick cheat sheet. *With appetizers. Serve Chardonnay with provolone or Gruyere cheese on a platter with a variety of nuts, black olives and crackers. Chardonnay also goes well with seafood appetizers such as crab cakes, oysters, stuffed clams and smoked salmon. *With main dishes. Dishes with ream sauces, such as chicken al a king, creamy pork chops, and creamy shrimp risotto, are excellent Chardonnay food pairings. Any lobster, swordfish, and salmon will also pair with Chardonnay. * With desserts. Chardonnay white wine food pairings include sliced apples, mango fruit, pineapple, and most melons. Heavy cream desserts such as pumpkin pudding will offset the dry flavor of the Chardonnay. Rasa NabažaitėGetty Images With summer firmly on the horizon, we've rounded up the best white wines for you to stock up on. Whether picnicking with friends, enjoying a relaxed BBQ at home, or looking for something a little bit more special, we've found the best bottles (and boxes!) to buy right now. Read on to discover what sauvignon blanc, chardonnay, and picpoul our wine experts have been enjoying this week... Maybe it's a Chianti Classico only available in a winery you toured during a dream trip to Tuscany. Or a cult cabernet from a boutique vineyard in Napa that a relative gave you for a milestone birthday. Or a splurge purchase after an unexpected work bonus. Whatever the situation, there's a good chance you have a bottle gathering dust on your shelf that you haven't yet been able to bring yourself to uncork. These are eight reasons why you should give yourself permission to indulge. After all, if right now isn't the time, when will be? Despite what you might think, most wine is meant to be consumed within a few years. (And sparkling wine is ready to drink as soon as you buy it.) Ronald Buyukliev, the lead sommelier at Estiatorio Milos in Las Vegas, points out that it's counterproductive to think that only one moment in time exists when a wine is at its prime. "There are several different windows that will offer different expressions of the wine. ... It's in a good window if you open it and enjoy it." Robert Daugherty, a winemaker for Winc, agrees. "Wine is an ever-evolving piece of edible art," he says. "Even if it's not at its 'peak age,' there will always be something to love and appreciate about it." And there's a quick fix for wine drinkers who just can't wait, according to Cam Ward, the vintner and co-proprietor of Vineyard 36. "Patience isn't my specialty; I prefer to enjoy young wines by simply decanting them," he says. Who says that a special wine can't be the occasion? The right bottle can elevate a basic after-work meal on Tuesday just as much as it can truffle-butter-topped grilled rib-eyes on Saturday and everything in-between. "Sometimes spontaneity ... gives you an excuse to celebrate the here and now, which is where we are best suited to live," says Daugherty. Wine may be ephemeral, but the memories of the experience it stirs up are not. "When you open the bottle, it brings you a vivid recollection of the time you had," says Buyukliev. "Uncork the bottle and savor it as it takes you to that place." Besides, waiting too long could lead to disappointment, according to Amy Racine, the beverage director for JF Restaurants. "If you save it too long, it might not be as you remember it," she says. There's a caveat you should bear in mind, however: The wine might not taste exactly as it did on your trip anyway, thanks to the "Provence rosé effect," an anecdotal phenomenon that says the pink wine you brought back from the South of France won't taste nearly as good in your apartment kitchen as it did on a sunny picnic next to a lavender field. Context is everything. Don't get caught up on stuffy outdated adages like white wine with fish and red wine with meat. In fact, relinquish the notion that you have to serve anything at all. "Many wines are great to drink without food," says Michael Biddick, the owner and head sommelier of Blend 111 in Vienna, Va. "In France, there's even a distinction for it, 'vin de soif,' which means 'wine to drink when you are thirsty.'" If you're feeling a bit peckish, take a chance on whatever's on the table. The unexpected synergy just might surprise you. Also keep in mind that as long as you aren't drinking alone, you can always be assured of the perfect partner with your vino. "The best pairing is always people," says Daugherty. People tend to serve their reds too warm and their whites too cold; the former exacerbates the heat of the alcohol content, while the latter dulls aromas and flavors. Either situation can be remedied pretty quickly by sticking the red in the fridge or the white out on the counter for a few minutes. If you completely forgot to chill your white, rosé or bubbly or if it's barely cool, put it in a bucket of ice and water for 15 minutes. If you're jonesing for a splash in the meantime, "maybe pour one ounce and chill the rest further, but wait the extra 15 minutes to do the wine justice," says Racine. Storing a wine for weeks or months in the refrigerator, in a hot and dry place or upright rather than on its side can dry out the cork, allowing oxygen to enter the bottle and potentially leading to rapid aging and spoilage. But the effects aren't always catastrophic, and a little oxidation can actually benefit some wines. Since it's not going to hurt you to drink it, give it a try. "Find something to love about it regardless," says Daugherty. "I often open bottles that have 'gone bad' but become fixated on something great about it, like texture or color." Wine can evolve in fascinating ways. A host gift from a dinner party you hosted in the summer of 2016? Loot from an office holiday gift exchange last year? Maybe you haven't a clue as to how the bottle ended up in your possession, let alone whether it's mass-produced plonk or super rare and allocated. You could play the odds and open it up or search for it on an app such as Vivino or ask an expert. "It could be something really special, [so] check with a wine professional to see what info they have and take it from there," says Racine. While you might feel compelled to invite over a neighbor who rattles off scores and peppers wine conversations with phrases like "tannic structure" and "carbonic maceration," that can lead to anxiety over increased expectations. "The best evaluation is either you like it or you don't," says Ward. "Don't get overwhelmed by feeling the need to break down the wine as an expert would." Wine is a subjective, personal experience. "While inviting friends to share a great bottle of wine is always a good idea, don't hold a bottle for an 'expert' to tell you why it's good," says Biddick. "Ultimately, winemakers want people to enjoy drinking their wine, not to appreciate it like a museum piece in the Louvre." Our editors independently research, test, and recommend the best products; you can learn more about our review process here. We may receive commissions on purchases made from our chosen links. Forget the cheap mass-produced sweet wines you may have had previously. When made thoughtfully, sweet wines can provide some of the most complex, food-friendly and all-around-delicious drinking experiences on the planet. Technically, sweet wine is wine that has the presence of residual sugar in it. The word "sweet" is often misused in wine-related contexts, as many consumers tend to describe ripe or fruit-driven wines as sweet, although technically they're dry. Sweet wines must have some form of detectable residual sugar present to be correctly deemed as such. Sweet wines are produced all over the world and in nearly every wine-producing region. Some of the more popular regions for sweet wine include Asti in Piedmont, Italy; Germany; Jerez in southern Spain; the Languedoc and Roussillon areas in the South of France; the Portugese regions of the Douro Valley and Madeira; Rutherglen in Australia; Sauternes in Bordeaux, France; and Tokaj in Hungary. Sweet wine is vinified using a variety of vinification techniques, and many of these are dependent on the style of sweet wine being made and the region of the world in which the wine is being produced. These are some of the main ways in which wines obtain their sweetness. Botrytized: Otherwise known as "noble rot," botrytis causes grapes to become dehydrated and lose their water content, which in turn causes the juice's sugars to concentrate. Think of these grapes more like raisins than actual berries. As the water level in the fruit goes down, the sugars become more concentrated. Fortified: This complex style of winemaking creates the most powerful sweet wines of them all. Popular in the Douro Valley and Madeira regions of Portugal and the South of France (in Vin Doux Naturel, or VDN, production), this style of winemaking calls for the fortification of still wine, meaning that a neutral distillate, usually brandy, is added. This powerful alcohol addition forces fermentation to stop, leaves residual sugar in the wine and bumps up the final ABV to around 20%. Ice: This intense style of sweet winemaking involves harvesting fruit at subzero temperatures, which causes the water inside of the fruit to freeze. The high-sugar juice is carefully extracted from the fruit without the water or ice, causing it to be extremely sweet. Note that fruit destined for ice wine production is not affected by botrytis. Straw: This old-school style of sweet winemaking is used in Greece, Tuscany, Veneto and beyond and involves allowing fruit to dry out in the sun. Post-harvest, grape bunches are placed on straw mats and allowed to dehydrate in the heat. This causes the clusters to raisin and therefore allow the sugars to concentrate. Much of the wines' final flavor profile is dependent on the grapes and styles used to create them. For example, light-bodied sweet wines, such as moscato d'Asti, are frothy, fizzy and loaded with flavors of honey and stone fruit, whereas unctuous, fortified Pedro Ximénez sherries from southern Spain are often thick, molasses-like and loaded with flavors of dried fruits and roasted nuts. A good indicator of a sweet wine's texture can be found in its ABV content. One with lower levels of alcohol will generally be lighter on the palate, whereas fortified wines with an ABV of 15% or higher will tend to be heavier and more palate-coating. In terms of fruit flavors, think about the grapes being used and how they taste in dry wines. Love the tart petrol-driven notes found in dry riesling? Then a sweet riesling, often denoted as beerenauselese or trockenbeerenauselese, may be right up your alley. Prefer the dry dark-fruited wines of the Douro? Then port may be a better pick for you. A general rule of thumb when pairing desserts with sweet wine is that the wine should always be sweeter than the food. For fruit-heavy pies and tartlets, grab a bottle of moscato or botrytized chenin blanc. Pair chocolate-laden desserts with port or Madeira. For a savory-sweet pairing that promises to blow your mind, splurge on a half bottle of Sauternes and enjoy a pour with a pungent blue cheese. These are six bottles to try.

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