



Apricots and Plums Poached in Rosé Wine

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large apricots firm pitted ripe halved (large)
- ☐ 15 servings butter cookies for serving
- ☐ 15 servings crème fraîche sweetened for serving
- ☐ 1 piece lemon zest (3-inch)
- ☐ 6 large plums firm pitted ripe halved (large)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 vanilla pod split

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2.5 cups rosé wine dry

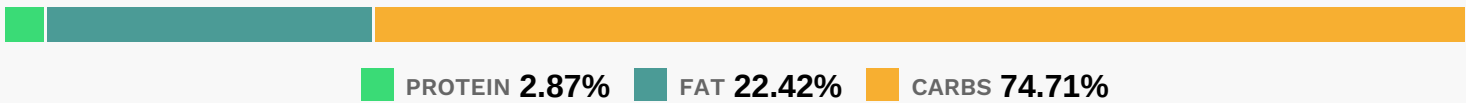
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large skillet, combine the sugar, ros, vanilla bean, zest, salt and fruit pits. Bring to a boil to dissolve the sugar. Cover, remove from the heat and let stand for 15 minutes.
- ☐ Discard the pits. Bring the liquid to a simmer and add the plums and apricots. Poach the fruit over moderate heat, turning a few times, until just tender, 5 to 8 minutes.
- ☐ Let the fruit cool in the liquid to room temperature, then refrigerate until chilled.
- ☐ Serve the fruit in bowls with some of its poaching liquid, along with crme frache and cookies.

Nutrition Facts



Properties

Glycemic Index:11.03, Glycemic Load:11.02, Inflammation Score:-4, Nutrition Score:2.1665217345176%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 132.38kcal (6.62%), Fat: 2.7g (4.16%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 19.58g (7.12%), Sugar: 18.25g (20.27%), Cholesterol: 7.08mg (2.36%), Sodium: 87.1mg (3.79%), Alcohol: 4.16g (100%), Alcohol %: 4.9% (100%), Protein: 0.78g (1.56%), Vitamin A: 435.68IU (8.71%), Vitamin C:

4.53mg (5.49%), Potassium: 133.23mg (3.81%), Manganese: 0.08mg (3.81%), Fiber: 0.69g (2.77%), Vitamin B2: 0.04mg (2.63%), Phosphorus: 24.61mg (2.46%), Magnesium: 8.91mg (2.23%), Vitamin K: 2.33µg (2.22%), Vitamin B6: 0.04mg (2.12%), Calcium: 19.44mg (1.94%), Copper: 0.03mg (1.61%), Vitamin E: 0.24mg (1.6%), Iron: 0.27mg (1.48%), Vitamin B3: 0.27mg (1.37%), Vitamin B5: 0.13mg (1.26%), Vitamin B1: 0.02mg (1.08%)