



Baked Quince with Cinnamon

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cinnamon sticks
- 0.5 cup port wine
- 3 quinces washed cored unpeeled halved
- 1.5 cups water
- 0.3 cup sugar white

Equipment

- frying pan
- oven

roasting pan

Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Press three cloves into each quince half.
- Place the fruit in a roasting pan cut-side down.
- Add the water, wine, and cinnamon sticks to the pan; sprinkle the sugar over the quince.
- Bake the fruit in the preheated oven until lightly browned, about 35 to 40 minutes. Turn the quince right-side up and bake until tender, about 10 more minutes.
- Remove the pan from the oven and let the quince cool slightly.
- Transfer each quince half to a plate and drizzle with a tablespoon of juices from the roasting pan and a dollop of whipped cream.

Nutrition Facts

PROTEIN 1.68% **FAT 1.15%** **CARBS 97.17%**

Properties

Glycemic Index:18.35, Glycemic Load:13.08, Inflammation Score:-2, Nutrition Score:4.0421738974426%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 143.51kcal (7.18%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 29.43g (10.7%), Sugar: 12.68g (14.09%), Cholesterol: 0mg (0%), Sodium: 9.56mg (0.42%), Alcohol: 3.06g (100%), Alcohol %: 1.89% (100%), Protein: 0.56g (1.12%), Vitamin C: 17.02mg (20.63%), Manganese: 0.33mg (16.49%), Fiber: 3.08g (12.31%), Copper: 0.17mg (8.6%), Potassium: 248.77mg (7.11%), Iron: 0.99mg (5.5%), Calcium: 33.45mg (3.35%), Magnesium: 12.48mg (3.12%), Vitamin B6: 0.05mg (2.4%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 22.13mg (2.21%), Vitamin B1: 0.03mg (1.77%), Vitamin B3: 0.29mg (1.46%), Selenium: 0.9µg (1.28%), Vitamin B5: 0.1mg (1.04%), Vitamin A: 50.36IU (1.01%)