



## Berries Beaujolais

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

## Ingredients

- 0.8 cup blackberries
- 1.3 cups blueberries
- 1 stick cinnamon (3-inch)
- 0.3 cup crème de cassis black currant-flavored ( liqueur)
- 1.5 cups raspberries
- 1.5 cups strawberries sliced
- 3 tablespoons sugar
- 1 cup water

- 2 cups beaujolais dry red fruity
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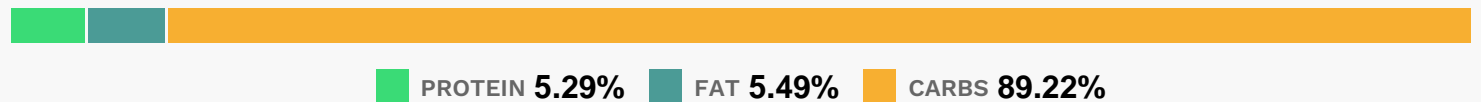
## Equipment

- bowl
- sauce pan
- colander

## Directions

- Combine first 6 ingredients in a small saucepan; bring to a boil. Reduce heat; simmer 10 minutes.
- Remove from heat; strain through a colander into a bowl; discard solids. Cool to room temperature.
- Add berries to wine mixture. Cover and chill at least 3 hours.
- Serve berry mixture in a wineglass.
- Garnish with mint, if desired.

## Nutrition Facts



## Properties

Glycemic Index:34.35, Glycemic Load:7.12, Inflammation Score:-5, Nutrition Score:7.4326087547385%

## Flavonoids

Cyanidin: 37.85mg, Cyanidin: 37.85mg, Cyanidin: 37.85mg, Cyanidin: 37.85mg Petunidin: 10.03mg, Petunidin: 10.03mg, Petunidin: 10.03mg, Petunidin: 10.03mg Delphinidin: 15.61mg, Delphinidin: 15.61mg, Delphinidin: 15.61mg, Delphinidin: 15.61mg Malvidin: 20.88mg, Malvidin: 20.88mg, Malvidin: 20.88mg, Malvidin: 20.88mg Pelargonidin: 9.38mg, Pelargonidin: 9.38mg, Pelargonidin: 9.38mg, Pelargonidin: 9.38mg Peonidin: 6.38mg, Peonidin: 6.38mg, Peonidin: 6.38mg, Peonidin: 6.38mg Catechin: 9.85mg, Catechin: 9.85mg, Catechin: 9.85mg, Catechin: 9.85mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Epigallocatechin 3-gallate: 0.32mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

## Nutrients (% of daily need)

Calories: 79.92kcal (4%), Fat: 0.54g (0.83%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 15.03g (5.46%), Sugar: 13.04g (14.48%), Cholesterol: 0mg (0%), Sodium: 3.33mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 44.27mg (53.66%), Manganese: 0.67mg (33.7%), Fiber: 4.67g (18.69%), Vitamin K: 12.83µg (12.22%), Vitamin E: 0.81mg (5.41%), Folate: 21.33µg (5.33%), Copper: 0.1mg (5.21%), Potassium: 170.94mg (4.88%), Magnesium: 18.59mg (4.65%), Iron: 0.68mg (3.76%), Calcium: 29.98mg (3%), Vitamin B6: 0.06mg (2.94%), Vitamin B3: 0.59mg (2.93%), Phosphorus: 28.13mg (2.81%), Vitamin B5: 0.25mg (2.52%), Vitamin B1: 0.04mg (2.38%), Vitamin B2: 0.04mg (2.37%), Zinc: 0.35mg (2.33%), Vitamin A: 81.84IU (1.64%)