




Bleu Cheese Stuffed Wine Cherries With Honeycomb

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 inches almonds sliced
- 1 tablespoon cheese
- 8 inches cherries pitted sliced
- 1 cinnamon sticks
- 1 lemon zest
- 2 cups red wine
- 4 tablespoons sugar to taste

8 servings frangelico

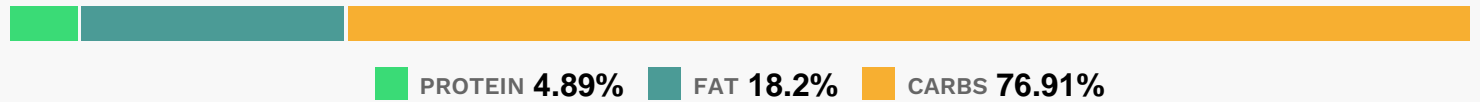
8 servings frangelico

Equipment

Directions

- Bring the wine, cinnamon, lemon zest, and sugar to a boil. Lower to medium heat and reduce the mixture by half.
- Add the cherries and poach them gently for one minute.
- Remove from the heat and allow the cherries to macerate for half an hour.
- Remove from the poaching wine and allow cherries to cool. Use an ice bath if you are in a hurry. Meanwhile, roll 8 pieces of bleu cheese into the size of cherry pits. Refrigerate until the cherries cool. When ready to serve, place a piece of bleu cheese between two cherry halves and press lightly.
- Place on a serving spoon. Slice a piece of honeycomb (1 cm cube) and place beside the stuffed cherry. Lastly, top with an almond half.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:4.52, Inflammation Score:-3, Nutrition Score:1.63%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg, Catechin: 4.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Taste

Sweetness: 65.39%, Saltiness: 6.57%, Sourness: 100%, Bitterness: 53.9%, Savoriness: 9.69%, Fattiness: 11.15%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 87.58kcal (4.38%), Fat: 0.92g (1.41%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.19g (2.98%), Sugar: 6.79g (7.54%), Cholesterol: 0.66mg (0.22%), Sodium: 12.62mg (0.55%), Alcohol: 6.36g (35.33%), Protein: 0.55g (1.11%), Manganese: 0.19mg (9.34%), Magnesium: 11.48mg (2.87%), Potassium: 96.59mg (2.76%), Phosphorus: 24.2mg (2.42%), Vitamin B2: 0.04mg (2.3%), Vitamin E: 0.34mg (2.27%), Iron: 0.38mg (2.11%), Fiber: 0.52g (2.1%), Vitamin B6: 0.04mg (2.03%), Calcium: 18.62mg (1.86%), Vitamin C: 1.16mg (1.41%), Copper: 0.02mg (1.21%), Zinc: 0.16mg (1.06%), Vitamin B3: 0.2mg (1.01%)