



Brandied Fruit Starter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



625 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup brandy
- ☐ 10 ounce maraschino cherries drained
- ☐ 16 ounce peaches drained sliced canned
- ☐ 16 ounce pears drained canned
- ☐ 15.3 ounce pineapple chunks drained canned
- ☐ 1 cup sugar

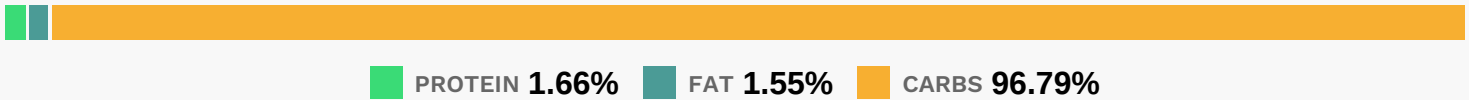
Equipment

- ☐ mixing bowl

Directions

- ☐ Combine all ingredients in a large glass mixing bowl; stir gently. Cover and let stand at room temperature 3 weeks, stirring fruit twice a week.
- ☐ Serve fruit over ice cream or pound cake, reserving at least 1 cup of fruit mixture to use as a starter at all times.
- ☐ To replenish starter, add 1 cup sugar and one of the first 3 ingredients every 1 to 3 weeks, alternating fruit each time; stir gently. Cover and let stand at room temperature 3 days before using.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:43.87, Inflammation Score:-6, Nutrition Score:8.7569566394972%

Flavonoids

Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epigallocatechin: 1.85mg Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 625.16kcal (31.26%), Fat: 0.89g (1.37%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 125.07g (41.69%), Net Carbohydrates: 116.18g (42.25%), Sugar: 113.38g (125.98%), Cholesterol: 0mg (0%), Sodium: 20.89mg (0.91%), Alcohol: 20.04g (100%), Alcohol %: 4.92% (100%), Protein: 2.15g (4.29%), Fiber: 8.89g (35.56%), Vitamin C: 19.69mg (23.86%), Copper: 0.41mg (20.73%), Potassium: 420.99mg (12.03%), Vitamin B1: 0.15mg (10.31%), Vitamin K: 10.21µg (9.72%), Vitamin A: 483.96IU (9.68%), Magnesium: 36.06mg (9.01%), Vitamin B6: 0.15mg (7.32%), Manganese: 0.14mg (7.25%), Calcium: 70.81mg (7.08%), Vitamin B3: 1.41mg (7.07%), Iron: 1.25mg (6.92%), Vitamin E: 1.02mg (6.81%), Vitamin B2: 0.1mg (5.84%), Phosphorus: 50.65mg (5.06%), Folate: 20.15µg (5.04%), Selenium: 3.37µg (4.81%), Zinc: 0.7mg (4.64%), Vitamin B5: 0.27mg (2.67%)