



Cherries in Chianti with Honeyed Mascarpone Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce cherries dark sweet frozen thawed
- 2 cups chianti
- 0.3 cup vanilla yogurt fat-free
- 2 tablespoons honey
- 0.5 cup brown sugar light packed
- 0.3 cup mascarpone cheese

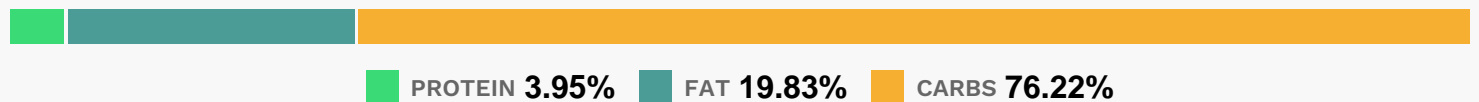
Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine first 3 ingredients in a medium saucepan; bring to a boil. Reduce heat slightly; simmer vigorously 20 minutes or until reduced to 1 1/4 cups.
- Pour cherry mixture into a bowl; cover and refrigerate 1 hour or until chilled.
- Combine yogurt, mascarpone cheese, and honey in a small bowl; stir with a whisk until smooth. Cover and chill until ready to serve.
- Divide cherry mixture evenly among 5 small dessert bowls; top each serving with mascarpone cream.
- Garnish with mint leaves, if desired.
- Mascarpone: If you've ever tasted mascarpone, you've probably fallen in love with its soft, velvety texture and buttery-rich flavor. Mascarpone is produced when a culture is added to the heavy cream that's skimmed off cow's milk. Originating in the Lombardy region of southern Italy, mascarpone may have gotten its name from the local word for ricotta, mascherpa, since the two are similar in texture. Mascarpone is used primarily in desserts, but it also adds richness to pasta and savory dishes.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:5.69, Inflammation Score:-4, Nutrition Score:2.6839130443075%

Flavonoids

Cyanidin: 20.55mg, Cyanidin: 20.55mg, Cyanidin: 20.55mg, Cyanidin: 20.55mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 1.02mg, Peonidin: 1.02mg, Peonidin: 1.02mg, Peonidin: 1.02mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 300.7kcal (15.04%), Fat: 5.23g (8.05%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 45.23g (15.08%), Net Carbohydrates: 43.79g (15.92%), Sugar: 40.05g (44.5%), Cholesterol: 11.58mg (3.86%), Sodium: 22.16mg (0.96%), Alcohol: 10.46g (100%), Alcohol %: 5.97% (100%), Protein: 2.35g (4.69%), Calcium: 68.19mg (6.82%), Potassium: 216.36mg (6.18%), Vitamin C: 4.92mg (5.96%), Fiber: 1.45g (5.78%), Vitamin A: 203IU (4.06%), Manganese: 0.07mg (3.71%), Phosphorus: 34.94mg (3.49%), Vitamin B2: 0.05mg (3.24%), Magnesium: 12.08mg (3.02%), Copper: 0.06mg (2.8%), Vitamin B6: 0.05mg (2.55%), Iron: 0.45mg (2.49%), Selenium: 1.31µg (1.87%), Vitamin B5: 0.17mg (1.7%), Vitamin B1: 0.02mg (1.66%), Vitamin K: 1.61µg (1.53%), Zinc: 0.19mg (1.29%), Vitamin B12: 0.08µg (1.28%), Folate: 4.58µg (1.14%)