



Cherries in rosé wine & vanilla syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 425 ml cooking wine
- ☐ 1 vanilla pod split
- ☐ 100 g little demerara sugar
- ☐ 500 g cherries

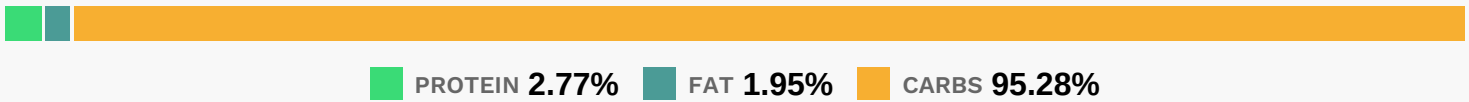
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Tip the wine into a medium pan, then add the vanilla pod to the pan with the sugar. Bring to the boil, then reduce the heat and simmer until the sugar has dissolved.
- ☐ Stone the cherries if you want, or leave them as they are.
- ☐ Add to the pan and cook gently for 6 mins.
- ☐ Remove with a slotted spoon to a bowl. Increase the heat, then boil the liquid for 8–10 mins until slightly syrupy.
- ☐ Pour over the cherries and serve warm or cold in glass bowls.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:4.26, Inflammation Score:-5, Nutrition Score:4.0352173888165%

Flavonoids

Cyanidin: 37.76mg, Cyanidin: 37.76mg, Cyanidin: 37.76mg, Cyanidin: 37.76mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 5.45mg, Catechin: 5.45mg, Catechin: 5.45mg, Catechin: 5.45mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 6.25mg, Epicatechin: 6.25mg, Epicatechin: 6.25mg, Epicatechin: 6.25mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 270.9kcal (13.54%), Fat: 0.44g (0.67%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 48.19g (16.06%), Net Carbohydrates: 45.57g (16.57%), Sugar: 41.65g (46.28%), Cholesterol: 0mg (0%), Sodium: 6.14mg (0.27%), Alcohol: 11.21g (100%), Alcohol %: 5.48% (100%), Protein: 1.4g (2.8%), Manganese: 0.23mg (11.63%), Potassium: 391.45mg (11.18%), Vitamin C: 8.75mg (10.61%), Fiber: 2.63g (10.5%), Magnesium: 26.11mg (6.53%), Vitamin B6: 0.12mg (5.97%), Iron: 0.94mg (5.23%), Phosphorus: 48.06mg (4.81%), Copper: 0.08mg (4.24%), Vitamin B2: 0.07mg (3.88%), Vitamin B5: 0.29mg (2.89%), Calcium: 27.87mg (2.79%), Vitamin B1: 0.04mg (2.61%), Vitamin K: 2.63µg (2.5%), Vitamin B3: 0.37mg (1.86%), Vitamin A: 80IU (1.6%), Zinc: 0.24mg (1.57%), Folate: 6.08µg (1.52%)