



## Cherries in Spiced Wine Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



4

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 peppercorns black
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.5 cup kirsch liqueur
- ☐ 1.5 inch lemon zest fresh
- ☐ 1.5 cups red wine red
- ☐ 0.5 cup sugar
- ☐ 1 turkish or
- ☐ 1 vanilla pod halved lengthwise

☐ 0.5 cup water

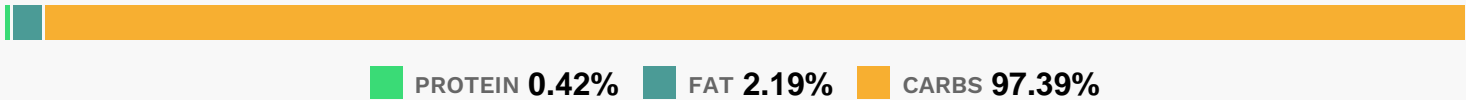
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth

## Directions

- ☐ Tie bay leaf, cloves, peppercorns, and zest together in a cheesecloth bag.
- ☐ Combine Zinfandel, kirsch, water, sugar, and cheesecloth bag in a 4-quart heavy saucepan and bring to a boil.
- ☐ Add fresh or frozen cherries with any juices, cinnamon stick, and vanilla bean and simmer, uncovered, until cherries are tender but still hold their shape, 3 to 4 minutes.
- ☐ Drain cherries in a sieve set over a bowl. Return cooking liquid to pan along with vanilla bean, cinnamon stick, and cheesecloth bag and boil until reduced to about 1 1/4 cups, about 12 minutes. Cool liquid slightly and discard vanilla bean, cinnamon stick, and cheesecloth bag.
- ☐ Transfer cherries and cooled liquid to jar and chill, covered, at least 2 hours to allow flavors to develop.
- ☐ ·Cherries can be kept in jar, chilled, up to 1 month.

## Nutrition Facts



## Properties

Glycemic Index:30.52, Glycemic Load:17.48, Inflammation Score:-3, Nutrition Score:0.79956520786104%

## Nutrients (% of daily need)

Calories: 249.31kcal (12.47%), Fat: 0.29g (0.44%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 28.09g (10.21%), Sugar: 25.01g (27.79%), Cholesterol: 0mg (0%), Sodium: 2.2mg (0.1%), Alcohol: 19.84g (100%), Alcohol %: 14.27% (100%), Protein: 0.12g (0.25%), Manganese: 0.17mg (8.7%), Fiber: 0.6g

(2.39%), Vitamin C: 1.27mg (1.54%), Calcium: 11.83mg (1.18%)