



Cherries in Spiced Wine Syrup with Pound Cake Croutons

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 peppercorns black
- ☐ 0.8 cup brandy
- ☐ 1 stick cinnamon (3-inch)
- ☐ 2 cups cooking wine dry red
- ☐ 0.3 cup honey
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 10.8 ounce round cake frozen low-fat (such as Sara Lee)
- ☐ 1 sprig rosemary (4-inch)
- ☐ 3 cups cherries sweet pitted
- ☐ 0.5 cup water

Equipment

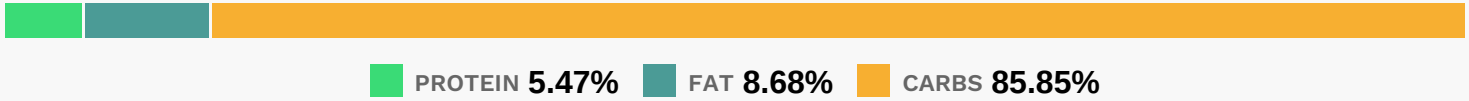
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place lemon rind, peppercorns, cinnamon, and rosemary on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Combine wine and the next 4 ingredients (through juice) in a medium saucepan; bring to a boil.
- ☐ Add cheesecloth bag, and cook 5 minutes. Reduce heat, and add cherries; simmer 5 minutes, stirring occasionally.
- ☐ Drain cherries in a colander over a bowl, reserving cooking liquid.
- ☐ Place the cherries in a medium bowl; discard cheesecloth bag. Return cooking liquid to pan; bring to a boil. Cook 20 minutes or until reduced to 1 1/4 cups.
- ☐ Pour wine syrup over cherries, and refrigerate 1 1/2 hours or until completely cool.
- ☐ Preheat oven to 35
- ☐ Cut cake into 24 (1-inch) cubes, and arrange cake cubes in a single layer on a nonstick baking sheet coated with cooking spray.

- ☐
- Bake at 350 for 12 minutes or until lightly browned, turning the cubes every 4 minutes.
- ☐
- Combine sour cream and 1 tablespoon honey. Spoon 1/2 cup cherry mixture into each of 6 bowls or parfait glasses; top each serving with 4 croutons and 1 tablespoon sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:11.73, Inflammation Score:-5, Nutrition Score:5.9830434633338%

Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 2.52mg, Peonidin: 2.52mg, Peonidin: 2.52mg, Peonidin: 2.52mg Catechin: 9.17mg, Catechin: 9.17mg, Catechin: 9.17mg, Catechin: 9.17mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 11.98mg, Epicatechin: 11.98mg, Epicatechin: 11.98mg, Epicatechin: 11.98mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 414.67kcal (20.73%), Fat: 2.89g (4.45%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 64.33g (21.44%), Net Carbohydrates: 62.21g (22.62%), Sugar: 45.98g (51.09%), Cholesterol: 56.28mg (18.76%), Sodium: 329.37mg (14.32%), Alcohol: 18.42g (100%), Alcohol %: 8.04% (100%), Protein: 4.1g (8.2%), Manganese: 0.29mg (14.69%), Vitamin B2: 0.19mg (10.93%), Iron: 1.81mg (10.07%), Vitamin B1: 0.15mg (10.04%), Phosphorus: 96.2mg (9.62%), Vitamin C: 7.24mg (8.77%), Fiber: 2.12g (8.49%), Selenium: 5.23µg (7.47%), Folate: 29.61µg (7.4%), Potassium: 252.19mg (7.21%), Calcium: 71.5mg (7.15%), Vitamin B3: 1.14mg (5.7%), Copper: 0.1mg (4.84%), Vitamin B5: 0.41mg (4.06%), Magnesium: 15.98mg (4%), Vitamin B6: 0.07mg (3.63%), Vitamin A: 167.46IU (3.35%), Zinc: 0.45mg (3%), Vitamin B12: 0.18µg (2.93%), Vitamin K: 1.96µg (1.87%), Vitamin E: 0.23mg (1.54%)