



Cherries in the Snow

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 ounces cherries dried
- ☐ 2.3 teaspoons gelatin powder unflavored (from a)
- ☐ 1 cup port wine
- ☐ 1 cup skim milk 1%
- ☐ 1 tablespoon sugar
- ☐ 6 servings vegetable oil for greasing baking dish
- ☐ 0.5 cup water cold

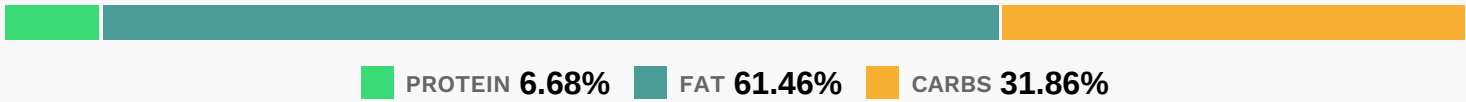
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Lightly oil an 8-inch square glass baking dish with vegetable oil, wiping out any excess with a paper towel.
- ☐ Sprinkle gelatin over water in a large heatproof bowl to soften 1 minute.
- ☐ Bring milk and sugar to a boil in a 1-quart saucepan, stirring until sugar is dissolved, then remove from heat and whisk into gelatin mixture.
- ☐ Add almond extract and whisk briskly until milk is foamy, about 5 minutes.
- ☐ Pour into baking dish and freeze 15 minutes (to set foam), then chill, uncovered, in refrigerator until firm, at least 45 minutes.
- ☐ Simmer cherries, sugar, and Port in cleaned 1-quart heavy saucepan, uncovered, until reduced to about 1/2 cup, about 10 minutes. Set pan in a bowl of ice and cold water and chill in refrigerator until syrupy, about 15 minutes.
- ☐ Using a knife dipped in hot water, cut gelatin into 1-inch squares.
- ☐ Remove squares from dish with a spatula and divide, frothy sides up, among 6 chilled plates. Spoon cherries in Port over squares.
- ☐ ·Gelatin can be chilled up to 2 days ahead (cover after 45 minutes).·Cherries in Port can be chilled (without bowl of ice water), covered, up to 1 week.
- ☐ Each serving (using 1% milk) contains about 152 calories and less than 1 gram fat.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:3.8243478536606%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 244.9kcal (12.24%), Fat: 14.04g (21.6%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 15.49g (5.63%), Sugar: 12.08g (13.43%), Cholesterol: 1.23mg (0.41%), Sodium: 25.81mg (1.12%), Alcohol: 6.18g (100%), Alcohol %: 6.13% (100%), Protein: 3.43g (6.86%), Vitamin K: 25.75µg (24.52%), Vitamin A: 418.77IU (8.38%), Vitamin E: 1.15mg (7.63%), Calcium: 67.06mg (6.71%), Phosphorus: 47.89mg (4.79%), Vitamin B12: 0.24µg (3.95%), Vitamin B2: 0.06mg (3.8%), Fiber: 0.89g (3.56%), Potassium: 105.52mg (3.01%), Vitamin D: 0.45µg (2.99%), Copper: 0.05mg (2.73%), Manganese: 0.05mg (2.54%), Selenium: 1.62µg (2.32%), Magnesium: 9.05mg (2.26%), Vitamin B1: 0.03mg (2.03%), Vitamin B5: 0.16mg (1.61%), Iron: 0.27mg (1.5%), Zinc: 0.22mg (1.44%), Vitamin B6: 0.02mg (1.19%)