



## Cherries Poached in Red Wine with Mascarpone Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



744 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 tablespoons honey
- 1 cup mascarpone cheese
- 1 inch orange zest
- 2.3 cups red wine
- 1 cup sugar
- 2 pounds cherries sweet pitted halved

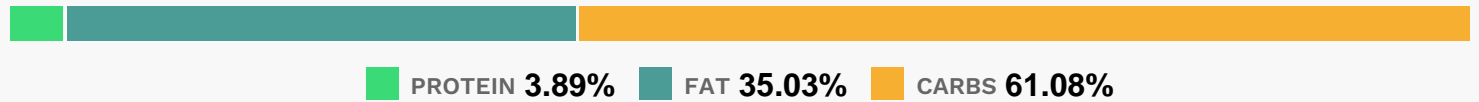
### Equipment

- bowl
- sauce pan

## Directions

- In a medium stainless-steel saucepan, combine the wine, sugar, and orange zest. Bring to a simmer over moderately high heat.
- Add the cherries and bring back to a simmer. Reduce the heat and simmer, partially covered, until the cherries are just tender, about 5 minutes.
- Pour into a glass or stainless-steel bowl so the cherries don't overcook.
- In a small bowl, combine the mascarpone with the honey.
- Remove the strip of orange zest from the cherries.
- Serve the warm cherries and syrup in bowls or stemmed glasses, topped with a large dollop of the mascarpone cream.
- Serve the mascarpone cream with cut up fresh fruit or mixed berries instead of with the poached cherries.

## Nutrition Facts



## Properties

Glycemic Index:39.84, Glycemic Load:48.01, Inflammation Score:-8, Nutrition Score:8.0521739099337%

## Flavonoids

Cyanidin: 68.77mg, Cyanidin: 68.77mg, Cyanidin: 68.77mg, Cyanidin: 68.77mg Petunidin: 2.67mg, Petunidin: 2.67mg, Petunidin: 2.67mg, Petunidin: 2.67mg Delphinidin: 2.71mg, Delphinidin: 2.71mg, Delphinidin: 2.71mg, Delphinidin: 2.71mg Malvidin: 18.68mg, Malvidin: 18.68mg, Malvidin: 18.68mg, Malvidin: 18.68mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 5.09mg, Peonidin: 5.09mg, Peonidin: 5.09mg, Peonidin: 5.09mg Catechin: 19.53mg, Catechin: 19.53mg, Catechin: 19.53mg, Catechin: 19.53mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 16.46mg, Epicatechin: 16.46mg, Epicatechin: 16.46mg, Epicatechin: 16.46mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 2.39mg, Naringenin: 2.39mg, Naringenin: 2.39mg, Naringenin: 2.39mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.14mg, Isorhamnetin:

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## **Nutrients (% of daily need)**

Calories: 743.77kcal (37.19%), Fat: 25.93g (39.89%), Saturated Fat: 15.84g (98.98%), Carbohydrates: 101.71g (33.9%), Net Carbohydrates: 96.85g (35.22%), Sugar: 90.54g (100.6%), Cholesterol: 56.25mg (18.75%), Sodium: 37.38mg (1.63%), Alcohol: 14.31g (100%), Alcohol %: 3.76% (100%), Protein: 6.48g (12.97%), Vitamin C: 16.81mg (20.37%), Potassium: 684.11mg (19.55%), Fiber: 4.86g (19.43%), Vitamin A: 938.02IU (18.76%), Manganese: 0.35mg (17.47%), Calcium: 121.34mg (12.13%), Magnesium: 41.55mg (10.39%), Vitamin B6: 0.19mg (9.62%), Iron: 1.52mg (8.46%), Copper: 0.16mg (7.99%), Phosphorus: 79.34mg (7.93%), Vitamin B2: 0.13mg (7.75%), Vitamin K: 5.3µg (5.05%), Vitamin B5: 0.5mg (5.04%), Vitamin B1: 0.07mg (4.58%), Vitamin B3: 0.67mg (3.37%), Folate: 10.87µg (2.72%), Zinc: 0.38mg (2.55%), Vitamin E: 0.16mg (1.07%)