



## Dark Cherry Merlot Sauce over Yogurt

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons brown sugar
- 2 cups cherries dark unsweetened sweet frozen thawed pitted
- 2 cups vanilla yogurt fat-free frozen
- 1 teaspoon juice of lemon fresh
- 1 cup merlot
- 0.1 teaspoon salt

### Equipment

- sauce pan

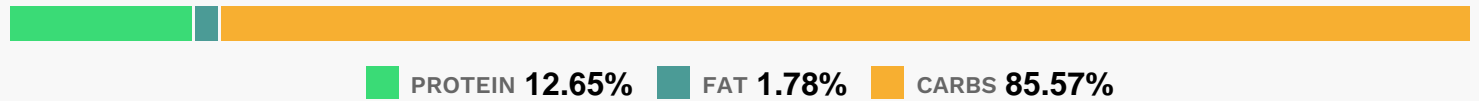
potato masher

## Directions

Combine cherries, merlot, brown sugar, lemon juice, and salt in a saucepan; bring to a boil. Lightly crush about half of cherries with a potato masher. Reduce heat, and cook until reduced to about 1 cup.

Let stand 5 minutes. Spoon warm cherry sauce over yogurt.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:2.33, Inflammation Score:-4, Nutrition Score:6.691739121209%

## Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg, Peonidin: 1.03mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 231.89kcal (11.59%), Fat: 0.39g (0.59%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 40.32g (14.66%), Sugar: 38.32g (42.58%), Cholesterol: 2.45mg (0.82%), Sodium: 147.77mg (6.42%), Alcohol: 6.25g (100%), Alcohol %: 3.07% (100%), Protein: 6.17g (12.35%), Calcium: 204.99mg (20.5%), Phosphorus: 174.18mg (17.42%), Vitamin B2: 0.26mg (15.4%), Potassium: 475.04mg (13.57%), Selenium: 7.54µg (10.77%), Vitamin B12: 0.58µg (9.6%), Manganese: 0.17mg (8.66%), Magnesium: 33.66mg (8.42%), Vitamin C: 6.17mg (7.48%), Zinc: 1.04mg (6.93%), Vitamin B6: 0.12mg (5.97%), Fiber: 1.45g (5.81%), Vitamin B1: 0.07mg (4.73%), Folate: 14.69µg (3.67%), Iron: 0.65mg (3.61%), Copper: 0.06mg (3.22%), Vitamin K: 2.8µg (2.66%), Vitamin B3: 0.37mg (1.84%), Vitamin B5: 0.16mg (1.65%), Vitamin A: 58.94IU (1.18%)