



Dried Cherry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



33 min.

SERVINGS



6

CALORIES



194 kcal

SAUCE

Ingredients

- 0.5 cup cherries dried
- 1 teaspoon ginger fresh grated
- 2 cups merlot
- 1 teaspoon orange rind grated
- 0.8 cup sugar

Equipment

- sauce pan

Directions

- Combine all ingredients in a medium saucepan. Bring to a boil; reduce heat, and cook, uncovered, 27 minutes or until sauce coats a spoon and is reduced to 1 cup, stirring occasionally. Cool completely.

Nutrition Facts

 PROTEIN **2.2%**  FAT **0.53%**  CARBS **97.27%**

Properties

Glycemic Index:16.68, Glycemic Load:17.76, Inflammation Score:-4, Nutrition Score:1.5800000076871%

Nutrients (% of daily need)

Calories: 194.25kcal (9.71%), Fat: 0.08g (0.13%), Saturated Fat: 0g (0%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 33.39g (12.14%), Sugar: 30.67g (34.08%), Cholesterol: 0mg (0%), Sodium: 5.07mg (0.22%), Alcohol: 8.34g (100%), Alcohol %: 9.24% (100%), Protein: 0.78g (1.56%), Vitamin A: 359.99IU (7.2%), Manganese: 0.11mg (5.28%), Fiber: 0.99g (3.97%), Iron: 0.54mg (3.01%), Potassium: 102.5mg (2.93%), Magnesium: 9.66mg (2.41%), Vitamin B6: 0.05mg (2.3%), Phosphorus: 18.28mg (1.83%), Vitamin B2: 0.03mg (1.74%), Calcium: 16.22mg (1.62%)