



## Fresh Cherries with Semolina Toast and Rhododendron Honey

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

### Ingredients

- 4 slices semolina bread ( ) (cut from a 2-pound loaf)
- 1 pint cherries dark split pitted very ripe
- 2 tablespoons rhododendron honey
- 6 sprigs lemon verbena crushed for garnish
- 2 tablespoons olive oil extra-virgin
- 4 servings salt and pepper to taste
- 1 tablespoon balsamic vinegar white

1 pint cherries split white pitted very ripe (Rainier)

## Equipment

bowl

frying pan

## Directions

In a medium bowl, gently toss the cherries with the honey, vinegar, and crushed lemon verbena. Season lightly with salt and pepper and set aside to macerate for 30 minutes.

Generously brush each slice of bread with the olive oil.

Heat a large saute pan over medium heat.

Add the bread slices and toast, turning once, until crisp.

Divide the toast among 4 plates.

Drain the cherries and reserve the juice. Top the toast with the cherries and drizzle with the reserved juice.

Garnish each plate with lemon verbena.

## Nutrition Facts



**PROTEIN 6.3%** **FAT 23.43%** **CARBS 70.27%**

## Properties

Glycemic Index:52.11, Glycemic Load:15.64, Inflammation Score:-4, Nutrition Score:8.1056521249854%

## Flavonoids

Cyanidin: 35.74mg, Cyanidin: 35.74mg, Cyanidin: 35.74mg, Cyanidin: 35.74mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 5.91mg, Epicatechin: 5.91mg, Epicatechin: 5.91mg, Epicatechin: 5.91mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

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

Calories: 323.53kcal (16.18%), Fat: 8.51g (13.09%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 57.43g (19.14%), Net Carbohydrates: 51.28g (18.65%), Sugar: 39.25g (43.61%), Cholesterol: 0mg (0%), Sodium: 327.74mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.29%), Vitamin C: 21.01mg (25.47%), Fiber: 6.15g (24.61%), Manganese: 0.43mg (21.56%), Selenium: 8.15µg (11.65%), Vitamin B1: 0.15mg (9.84%), Potassium: 315.4mg (9.01%), Vitamin B3: 1.76mg (8.81%), Iron: 1.56mg (8.65%), Vitamin K: 8.07µg (7.69%), Vitamin E: 1.15mg (7.64%), Folate: 28.91µg (7.23%), Vitamin B2: 0.11mg (6.7%), Magnesium: 25.31mg (6.33%), Phosphorus: 62.38mg (6.24%), Copper: 0.12mg (5.9%), Calcium: 55.03mg (5.5%), Vitamin B5: 0.47mg (4.75%), Vitamin B6: 0.09mg (4.64%), Zinc: 0.4mg (2.68%), Vitamin A: 76.6IU (1.53%)