



Fresh Summer Fruit in Ginger-Wine Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups wine dry white
- ☐ 6 figs fresh quartered
- ☐ 6 ginger fresh
- ☐ 2 medium nectarines pitted halved thinly sliced
- ☐ 2 medium peaches pitted peeled halved thinly sliced
- ☐ 9 tablespoons sugar
- ☐ 1.5 cups water

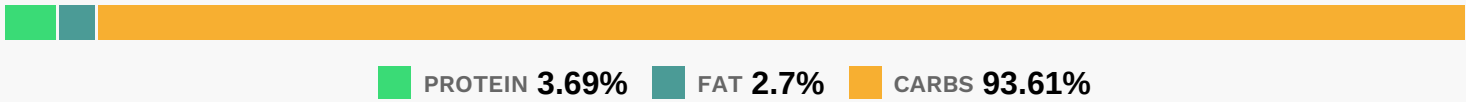
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine wine, 1 1/2 cups water, sugar, and ginger in medium saucepan. Simmer over medium heat until reduced to 2 cups, about 16 minutes. Cool. Refrigerate until cold, about 1 hour.
- ☐ Remove and discard ginger.
- ☐ Place fruit in large bowl.
- ☐ Add syrup; toss to coat. Cover; chill at least 2 hours and up to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:35.72, Glycemic Load:17.6, Inflammation Score:-5, Nutrition Score:3.984347815099%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 4.33mg, Catechin: 4.33mg, Catechin: 4.33mg, Catechin: 4.33mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 183.48kcal (9.17%), Fat: 0.45g (0.69%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 32.86g (11.95%), Sugar: 30.42g (33.8%), Cholesterol: 0mg (0%), Sodium: 20.5mg (0.89%), Alcohol: 6.18g (100%), Alcohol %: 3.14% (100%), Protein: 1.39g (2.78%), Fiber: 2.38g (9.54%), Manganese: 0.18mg (9.19%), Potassium: 249.42mg (7.13%), Copper: 0.13mg (6.49%), Vitamin A: 320.95IU (6.42%), Magnesium: 23.3mg (5.83%), Vitamin B3: 1.1mg (5.5%), Vitamin C: 3.87mg (4.69%), Vitamin E: 0.7mg (4.67%), Phosphorus: 41.85mg (4.18%), Iron: 0.69mg (3.82%), Vitamin K: 3.94µg (3.75%), Vitamin B6: 0.07mg (3.7%), Vitamin B2: 0.05mg (2.92%), Vitamin B1: 0.04mg (2.64%), Zinc: 0.37mg (2.47%), Calcium: 24.38mg (2.44%), Vitamin B5: 0.24mg (2.4%), Folate: 7.93µg (1.98%), Selenium: 1.32µg (1.88%)