



Fruit Skewers with Vin Santo Glaze

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 1 stick cinnamon (2-inch)
- 0.8 cup grapes green seedless
- 2 tablespoons orange blossom honey
- 1 strip orange rind (4-inch-long)
- 1 teaspoon orange rind grated
- 1 cup part-skim ricotta cheese
- 1 cup peaches cubed peeled (2 medium)

- 1 cup plums ripe cubed (4)
- 0.3 cup sugar
- 0.8 cup cherries sweet pitted
- 1 cup vin santo
- 1 cup vin santo

Equipment

- sauce pan
- whisk
- grill
- skewers

Directions

- Prepare grill.
- To prepare glaze, combine first 4 ingredients in a medium saucepan; bring to a boil. Cook for 15 minutes or until reduced to 1/3 cup.
- Remove and discard rind and cinnamon.
- Add butter, stirring with a whisk.
- Remove from heat. Keep warm.
- To prepare skewers, thread peaches, plums, grapes, and cherries alternately onto each of 8 (8-inch) skewers; brush with 2 tablespoons glaze, reserving remaining glaze.
- Place skewers on grill rack coated with cooking spray; grill 4 minutes on each side or until lightly browned.
- To prepare cheese, combine ricotta and remaining ingredients, stirring well. Spoon about 3/4 tablespoon remaining glaze on each of 4 dessert plates; top with 2 skewers. Spoon about 1/4 cup cheese mixture on each plate.

Nutrition Facts



PROTEIN 13.55% FAT 29.94% CARBS 56.51%

Properties

Glycemic Index:68, Glycemic Load:14.7, Inflammation Score:-5, Nutrition Score:7.486086976269%

Flavonoids

Cyanidin: 10.88mg, Cyanidin: 10.88mg, Cyanidin: 10.88mg, Cyanidin: 10.88mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 232.89kcal (11.64%), Fat: 8.11g (12.48%), Saturated Fat: 4.9g (30.6%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 31.93g (11.61%), Sugar: 27.71g (30.79%), Cholesterol: 26.75mg (8.91%), Sodium: 105.82mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Calcium: 190.19mg (19.02%), Selenium: 11.34µg (16.2%), Phosphorus: 141.24mg (14.12%), Vitamin A: 635.4IU (12.71%), Manganese: 0.24mg (12.13%), Vitamin C: 9.61mg (11.65%), Fiber: 2.52g (10.1%), Vitamin B2: 0.17mg (10.03%), Vitamin K: 9.42µg (8.98%), Potassium: 307.73mg (8.79%), Zinc: 1.02mg (6.81%), Copper: 0.13mg (6.54%), Magnesium: 20.91mg (5.23%), Iron: 0.76mg (4.2%), Vitamin B1: 0.06mg (4.13%), Vitamin E: 0.61mg (4.05%), Vitamin B6: 0.07mg (3.71%), Folate: 14.49µg (3.62%), Vitamin B5: 0.34mg (3.42%), Vitamin B3: 0.65mg (3.23%), Vitamin B12: 0.19µg (3.1%)