



HEALTH SCORE

59%

Grapevine Wreath with Pillar Candle



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



467 kcal

SIDE DISH

Ingredients

- ☐ 2 artichokes miniature
- ☐ 1 bay leaf fresh cut into 6-inch sections
- ☐ 1 serving blueberries
- ☐ 3 bunches grapes
- ☐ 1 serving pepper
- ☐ 1 ribbon
- ☐ 1 frangelico
- ☐ 1 frangelico (any color)

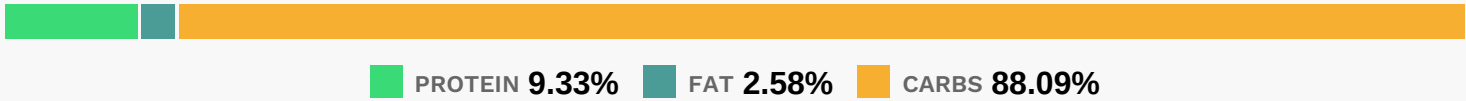
- ☐ 1 frangelico
- ☐ 1 frangelico (any color)

Equipment

Directions

- ☐ Place wreath on table.
- ☐ Tie ribbon around candle.
- ☐ Place candle in center of wreath.
- ☐ Cluster artichokes and grapes on wreath.
- ☐ Add bay leaves, juniper and pepper berries.

Nutrition Facts



Properties

Glycemic Index:150, Glycemic Load:41.27, Inflammation Score:-9, Nutrition Score:33.480434739071%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Naringenin: 32mg, Naringenin: 32mg, Naringenin: 32mg, Naringenin: 32mg Apigenin: 19.15mg, Apigenin: 19.15mg, Apigenin: 19.15mg, Apigenin: 19.15mg Luteolin: 6.18mg, Luteolin: 6.18mg, Luteolin: 6.18mg, Luteolin: 6.18mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 467.1kcal (23.36%), Fat: 1.52g (2.34%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 116.93g (38.98%), Net Carbohydrates: 96.1g (34.95%), Sugar: 75.87g (84.3%), Cholesterol: 0mg (0%), Sodium: 249.72mg (10.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.77%), Vitamin K: 121.8µg (116%), Fiber: 20.83g (83.32%), Manganese: 1.44mg (72.1%), Vitamin C: 56.45mg (68.42%), Copper: 1.16mg (57.88%), Potassium: 1785mg (51%), Folate: 190.72µg (47.68%), Magnesium: 189.23mg (47.31%), Vitamin B6: 0.7mg (35.05%), Vitamin B1: 0.5mg (33.33%), Phosphorus: 326.21mg (32.62%), Iron: 5.24mg (29.13%), Vitamin B2: 0.49mg (29.11%), Vitamin B3: 4.03mg (20.16%), Calcium: 162.74mg (16.27%), Vitamin E: 2.05mg (13.66%), Vitamin B5: 1.24mg (12.39%), Zinc: 1.76mg (11.74%), Vitamin A: 369.41IU (7.39%), Selenium: 1.05µg (1.49%)