






 **52%**
HEALTH SCORE

Grapevine Wreath with Pillar Candle

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

60 min.

SERVINGS

1

CALORIES

385 kcal

SIDE DISH

Ingredients

- 1 long beans
- 2 artichokes miniature
- 3 bunches grapes
- 1 bay leaf fresh cut into 6-inch sections
- 1 serving juniper berries
- 1 serving poached berries
- 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



PROTEIN 10.18% **FAT 2.39%** **CARBS 87.43%**

Properties

Glycemic Index:78, Glycemic Load:34.09, Inflammation Score:-8, Nutrition Score:28.685652556627%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Naringenin: 32mg, Naringenin: 32mg, Naringenin: 32mg, Naringenin: 32mg Apigenin: 19.15mg, Apigenin: 19.15mg, Apigenin: 19.15mg, Apigenin: 19.15mg Luteolin: 5.91mg, Luteolin: 5.91mg, Luteolin: 5.91mg, Luteolin: 5.91mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 385.35kcal (19.27%), Fat: 1.17g (1.8%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 95.93g (31.98%), Net Carbohydrates: 78.65g (28.6%), Sugar: 61.21g (68.01%), Cholesterol: 0mg (0%), Sodium: 248.27mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.35%), Vitamin K: 93.24µg (88.8%), Fiber: 17.28g (69.12%), Copper: 1.07mg (53.63%), Vitamin C: 42.31mg (51.28%), Potassium: 1672.65mg (47.79%), Manganese: 0.94mg (46.77%), Folate: 182.51µg (45.63%), Magnesium: 180.67mg (45.17%), Vitamin B6: 0.62mg (31.23%), Phosphorus: 306.81mg (30.68%), Vitamin B1: 0.45mg (29.77%), Iron: 4.69mg (26.04%), Vitamin B2: 0.44mg (25.61%), Vitamin B3: 3.4mg (17%), Calcium: 151.85mg (15.19%), Vitamin B5: 1.06mg (10.56%), Zinc: 1.53mg (10.18%), Vitamin E: 1.21mg (8.06%), Vitamin A: 298.05IU (5.96%), Selenium: 0.91µg (1.3%)