





Grilled Summer Stone Fruit with Cherry-Port Syrup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 apricots pitted halved
- 1.5 tablespoons canola oil
- 0.3 cup cherries dried
- 0.3 teaspoon ground cinnamon
- 4 cups whipped cream low-fat
- 2 nectarines pitted halved
- 2 peaches pitted halved

- 2 plums pitted halved
- 1.8 cups ruby port
- 2 tablespoons red wine vinegar
- 0.7 cup sugar
- 1 tablespoon sugar

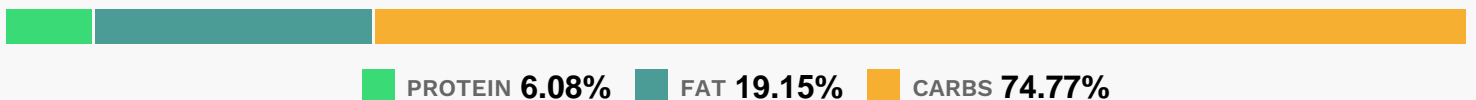
Equipment

- bowl
- sauce pan
- grill
- cutting board

Directions

- To prepare syrup, combine the first 4 ingredients in a medium saucepan over medium-high heat; bring to a boil. Cook for 10 minutes or until slightly syrupy. Cover and set aside.
- Prepare grill.
- To prepare fruit, brush outsides of apricots, peaches, nectarines, and plums with oil, and sprinkle cut sides of fruit evenly with 1 tablespoon sugar and cinnamon.
- Place fruit on a grill rack coated with cooking spray. Grill 4 minutes on each side or until tender.
- Place fruit on a cutting board; cool 5 minutes.
- Cut each fruit half into 4 slices.
- Place 1/2 cup of ice cream into each of 8 bowls. Top each serving with 8 pieces of fruit and 3 tablespoons syrup.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:24.24, Inflammation Score:-7, Nutrition Score:6.6100000298542%

Flavonoids

Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg Petunidin: 3.48mg, Petunidin: 3.48mg, Petunidin: 3.48mg, Petunidin: 3.48mg Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg Malvidin: 49.79mg, Malvidin: 49.79mg, Malvidin: 49.79mg, Malvidin: 49.79mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.18mg, Peonidin: 2.18mg, Peonidin: 2.18mg, Peonidin: 2.18mg Catechin: 9.07mg, Catechin: 9.07mg, Catechin: 9.07mg, Catechin: 9.07mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 358.92kcal (17.95%), Fat: 6.64g (10.22%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 58.36g (19.45%), Net Carbohydrates: 56.5g (20.55%), Sugar: 47.96g (53.29%), Cholesterol: 20.52mg (6.84%), Sodium: 71.03mg (3.09%), Alcohol: 8.03g (100%), Alcohol %: 3.98% (100%), Protein: 4.74g (9.49%), Vitamin A: 808.98IU (16.18%), Vitamin B2: 0.24mg (13.95%), Calcium: 132.49mg (13.25%), Phosphorus: 106.38mg (10.64%), Potassium: 358.87mg (10.25%), Vitamin E: 1.17mg (7.77%), Vitamin C: 6.24mg (7.57%), Fiber: 1.85g (7.41%), Manganese: 0.14mg (7%), Magnesium: 24.25mg (6.06%), Vitamin B12: 0.36µg (5.95%), Copper: 0.12mg (5.78%), Vitamin B5: 0.56mg (5.57%), Zinc: 0.79mg (5.29%), Vitamin B1: 0.08mg (5.28%), Vitamin B3: 1.04mg (5.22%), Vitamin K: 5.47µg (5.21%), Selenium: 2.69µg (3.84%), Iron: 0.61mg (3.41%), Vitamin B6: 0.06mg (3.21%), Folate: 10.73µg (2.68%)