



Macerated Raspberries With Nectarines



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 cup cooking wine dry red
- ☐ 3 cups nectarines fresh unpeeled sliced (4 nectarines)
- ☐ 2 cups raspberries fresh thawed
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

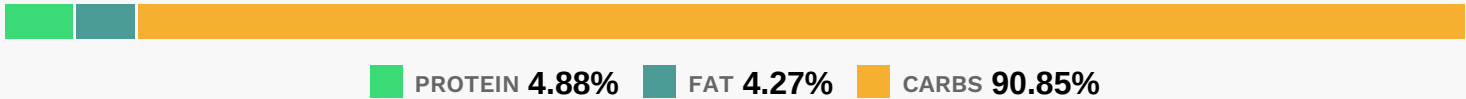
- ☐ bowl

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine first 4 ingredients in a small saucepan. Bring to a boil over high heat; cook, uncovered, 8 to 10 minutes until sauce is reduced to 1/3 cup.
- ☐ Remove from heat.
- ☐ Place raspberries in a medium bowl.
- ☐ Pour sauce through a wire-mesh strainer over berries; let stand, uncovered, 30 minutes or until cool. Stir in vanilla.
- ☐ To serve, place 3/4 cup nectarine slices in each of 4 dessert dishes; spoon 1/4 cup raspberry mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:16.04, Inflammation Score:-6, Nutrition Score:7.5599998961324%

Flavonoids

Cyanidin: 29.75mg, Cyanidin: 29.75mg, Cyanidin: 29.75mg, Cyanidin: 29.75mg Petunidin: 2.18mg, Petunidin: 2.18mg, Petunidin: 2.18mg, Petunidin: 2.18mg Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg, Delphinidin: 3.3mg Malvidin: 15.82mg, Malvidin: 15.82mg, Malvidin: 15.82mg, Malvidin: 15.82mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 8.6mg, Catechin: 8.6mg, Catechin: 8.6mg, Catechin: 8.6mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 11.23mg, Epicatechin: 11.23mg, Epicatechin: 11.23mg, Epicatechin: 11.23mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 192.76kcal (9.64%), Fat: 0.77g (1.18%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 30.18g (10.97%), Sugar: 27.85g (30.94%), Cholesterol: 0mg (0%), Sodium: 14.93mg (0.65%),

Alcohol: 6.47g (100%), Alcohol %: 3.33% (100%), Protein: 1.97g (3.94%), Manganese: 0.77mg (38.37%), Fiber: 6.44g (25.75%), Vitamin C: 18.9mg (22.91%), Vitamin E: 1.22mg (8.11%), Vitamin B3: 1.59mg (7.93%), Vitamin A: 381.03IU (7.62%), Copper: 0.15mg (7.47%), Vitamin K: 7.37µg (7.02%), Potassium: 239.71mg (6.85%), Magnesium: 23.96mg (5.99%), Iron: 0.89mg (4.95%), Folate: 19.14µg (4.78%), Phosphorus: 46.44mg (4.64%), Vitamin B5: 0.4mg (4.02%), Vitamin B1: 0.06mg (3.74%), Calcium: 34.9mg (3.49%), Zinc: 0.51mg (3.41%), Vitamin B2: 0.06mg (3.3%), Vitamin B6: 0.06mg (3.14%)