



Medley of summer fruits



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



265 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 250 ml vin santo
- ☐ 250 ml wine dry red
- ☐ 50 g caster sugar
- ☐ 4 servings vanilla pod split
- ☐ 12 mint leaves roughly chopped
- ☐ 6 basil leaves roughly chopped
- ☐ 200 g raspberry fresh
- ☐ 0.5 charentais melon

- ☐ 200 g strawberry fresh ripe halved quartered
- ☐ 50 g strawberries wild
- ☐ 100 ml pink champagne chilled

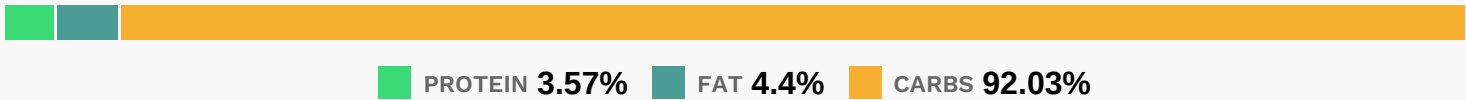
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, bring the two wines, sugar and vanilla pod to the boil.
- ☐ Put the mint and basil in the centre of a small piece of muslin and tie with string to make a bag, then add to the pan with a few turns of freshly ground black pepper.
- ☐ Remove from heat and leave to come to room temperature.
- ☐ Remove muslin bag, add raspberries and the melon balls. Chill for at least 4 hrs.
- ☐ About 2 hrs before you intend to serve the fruits, add the strawberries and wild strawberries, if using, to the syrup.
- ☐ Serve in a large serving bowl or four individual bowls.
- ☐ Pour about 2 tbsp of the pink Champagne over just before serving.

Nutrition Facts



Properties

Glycemic Index:73.52, Glycemic Load:10.86, Inflammation Score:-7, Nutrition Score:8.3982609095781%

Flavonoids

Cyanidin: 23.93mg, Cyanidin: 23.93mg, Cyanidin: 23.93mg, Cyanidin: 23.93mg Petunidin: 6.53mg, Petunidin: 6.53mg, Petunidin: 6.53mg, Petunidin: 6.53mg Delphinidin: 5.98mg, Delphinidin: 5.98mg, Delphinidin: 5.98mg, Delphinidin: 5.98mg Malvidin: 76.83mg, Malvidin: 76.83mg, Malvidin: 76.83mg, Malvidin: 76.83mg Pelargonidin: 16.02mg, Pelargonidin: 16.02mg, Pelargonidin: 16.02mg, Pelargonidin: 16.02mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg

Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg
Epicatechin: 13.57mg, Epicatechin: 13.57mg, Epicatechin: 13.57mg, Epicatechin: 13.57mg Epicatechin 3–gallate:
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Apigenin: 0.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.01mg,
Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.35mg, Kaempferol: 0.35mg,
Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg
Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg Gallocatechin: 0.02mg,
Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 265.03kcal (13.25%), Fat: 0.73g (1.13%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 34.55g (11.52%), Net
Carbohydrates: 29.79g (10.83%), Sugar: 22.97g (25.52%), Cholesterol: 0mg (0%), Sodium: 9.68mg (0.42%),
Alcohol: 17.95g (100%), Alcohol %: 8.08% (100%), Protein: 1.34g (2.68%), Vitamin C: 50.93mg (61.73%), Manganese:
0.69mg (34.72%), Fiber: 4.75g (19%), Potassium: 270.7mg (7.73%), Magnesium: 30.12mg (7.53%), Vitamin K: 7.76µg
(7.4%), Folate: 29.61µg (7.4%), Copper: 0.12mg (5.97%), Iron: 1.03mg (5.73%), Phosphorus: 41.5mg (4.15%), Vitamin
E: 0.62mg (4.14%), Calcium: 38.31mg (3.83%), Vitamin B3: 0.76mg (3.79%), Vitamin A: 187.32IU (3.75%), Vitamin B2:
0.06mg (3.38%), Vitamin B6: 0.07mg (3.34%), Vitamin B1: 0.05mg (3.01%), Vitamin B5: 0.27mg (2.75%), Zinc:
0.4mg (2.68%), Selenium: 0.79µg (1.13%)