



Merlot Strawberries with Whipped Cream



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup merlot
- ☐ 3 cups strawberries sliced
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup whipped cream

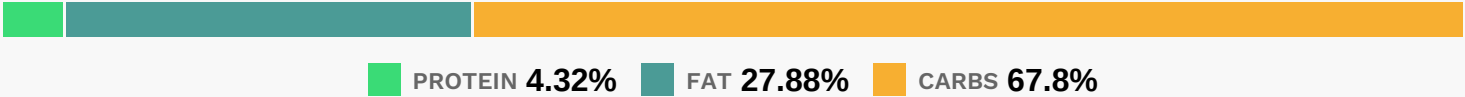
Equipment

- ☐ sauce pan

Directions

- ☐ Bring merlot, lemon juice, and honey to a boil in a saucepan over high heat.
- ☐ Remove from heat; stir in vanilla.
- ☐ Drizzle over sliced berries.
- ☐ Top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:40.57, Glycemic Load:8.11, Inflammation Score:-5, Nutrition Score:7.4769564568996%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 131.88kcal (6.59%), Fat: 3.68g (5.65%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 17.91g (6.51%), Sugar: 15.51g (17.23%), Cholesterol: 11.4mg (3.8%), Sodium: 3.98mg (0.17%), Alcohol: 3.21g (100%), Alcohol %: 2.38% (100%), Protein: 1.28g (2.56%), Vitamin C: 66.46mg (80.56%), Manganese: 0.47mg (23.29%), Fiber: 2.2g (8.81%), Folate: 28.38µg (7.09%), Potassium: 238.31mg (6.81%), Magnesium: 19.92mg (4.98%), Phosphorus: 47.09mg (4.71%), Vitamin B6: 0.08mg (3.99%), Calcium: 35.9mg (3.59%), Iron: 0.64mg (3.54%), Copper: 0.06mg (3.09%), Vitamin B2: 0.05mg (2.82%), Vitamin E: 0.42mg (2.8%), Vitamin B3: 0.51mg (2.57%),

Vitamin K: 2.66µg (2.53%), Vitamin B1: 0.03mg (2.32%), Vitamin A: 116.16IU (2.32%), Vitamin B5: 0.21mg (2.07%),
Zinc: 0.28mg (1.83%), Selenium: 0.79µg (1.13%)