



Mixed Berries in Rosé Wine with Honey Mascarpone | a Summery Fruit Soup



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 oz blackberries organic washed (preferably)
- ☐ 6 oz blueberries organic washed (preferably)
- ☐ 0.5 cup mascarpone cheese
- ☐ 1 Tablespoon milk
- ☐ 6 oz raspberries organic washed (preferably)
- ☐ 1 Tablespoon honey raw (I used wildflower honey)
- ☐ 6 oz strawberries organic washed and quartered (preferably)

- ☐ 0.3 cup evaporated cane juice organic (I used evaporated cane juice)
- ☐ 1 cup cooking wine

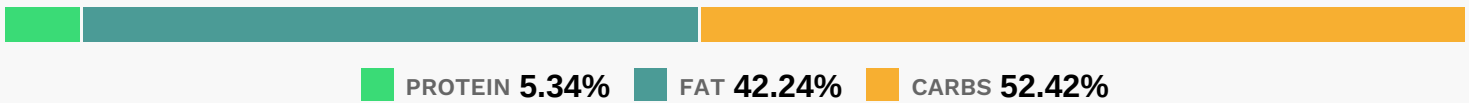
Equipment

- ☐ bowl
- ☐ ladle

Directions

- ☐ Remove from the heat and let cool slightly.
- ☐ Place the fruit in a large bowl and gently pour the wine mixture over. Cover and refrigerate until cold.In a separate bowl, combine the mascarpone and honey.
- ☐ Add the milk and stir until well combined.To serve, ladle berries with wine into wine goblets, dessert bowls, or even teacups.Dollop the mascarpone over fruit, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:4.43, Inflammation Score:-6, Nutrition Score:7.3756521104471%

Flavonoids

Cyanidin: 44.19mg, Cyanidin: 44.19mg, Cyanidin: 44.19mg, Cyanidin: 44.19mg Petunidin: 9.06mg, Petunidin: 9.06mg, Petunidin: 9.06mg, Petunidin: 9.06mg Delphinidin: 10.51mg, Delphinidin: 10.51mg, Delphinidin: 10.51mg, Delphinidin: 10.51mg Malvidin: 19.2mg, Malvidin: 19.2mg, Malvidin: 19.2mg, Malvidin: 19.2mg Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg Peonidin: 5.86mg, Peonidin: 5.86mg, Peonidin: 5.86mg, Peonidin: 5.86mg Catechin: 13.26mg, Catechin: 13.26mg, Catechin: 13.26mg, Catechin: 13.26mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 209.63kcal (10.48%), Fat: 9.02g (13.88%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 20.58g (7.48%), Sugar: 18.49g (20.54%), Cholesterol: 19.05mg (6.35%), Sodium: 14.54mg (0.63%), Alcohol: 4.16g (100%), Alcohol %: 2.83% (100%), Protein: 2.57g (5.13%), Vitamin C: 32.82mg (39.78%), Manganese: 0.63mg (31.51%), Fiber: 4.6g (18.4%), Vitamin K: 13.93µg (13.26%), Vitamin A: 355.28IU (7.11%), Potassium: 201.86mg (5.77%), Magnesium: 22.06mg (5.52%), Folate: 22.02µg (5.5%), Vitamin E: 0.82mg (5.49%), Calcium: 54.28mg (5.43%), Copper: 0.11mg (5.31%), Iron: 0.73mg (4.05%), Vitamin B6: 0.08mg (3.81%), Phosphorus: 35.33mg (3.53%), Vitamin B3: 0.65mg (3.27%), Vitamin B2: 0.05mg (2.94%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.27mg (2.69%), Vitamin B1: 0.04mg (2.36%)