



Nectarine-Red Wine Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

SAUCE

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1 cup cooking wine dry red
- ☐ 3.5 cups cubes nectarines with peel (from 4 to 5 medium)
- ☐ 0.5 inch x strip lemon peel
- ☐ 0.5 inch x strip orange peel
- ☐ 1 cup sugar
- ☐ 0.5 cup water

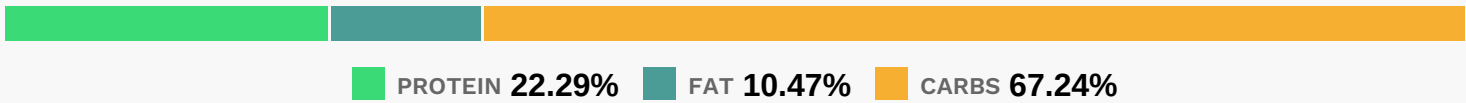
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Stir first 6 ingredients in medium saucepan over medium heat until sugar dissolves. Increase heat and boil syrup 1 minute. Reduce heat.
- ☐ Add nectarines. Simmer until nectarines are tender but still hold shape, about 10 minutes.
- ☐ Transfer sauce to bowl; cool. DO AHEAD Can be made 1 day ahead. Cover; chill.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:34.92, Inflammation Score:-1, Nutrition Score:0.84086956229547%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 351.79kcal (17.59%), Fat: 3.73g (5.74%), Saturated Fat: Og (0.02%), Carbohydrates: 53.97g (17.99%), Net Carbohydrates: 53.44g (19.43%), Sugar: 51.71g (57.45%), Cholesterol: 53.44mg (17.81%), Sodium: 1302.41mg (56.63%), Alcohol: 6.3g (100%), Alcohol %: 3.32% (100%), Protein: 17.89g (35.78%), Manganese: 0.15mg (7.74%), Iron: 0.74mg (4.13%), Fiber: 0.53g (2.13%), Calcium: 11.09mg (1.11%), Vitamin C: 0.87mg (1.06%)