



Peaches in Red Wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 peppercorns black
- ☐ 1 stick cinnamon (3-inch)
- ☐ 750 milliliter cooking wine dry red (such as Côtes du Rhône)
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.3 cup lemon rind strips (2 large lemons)
- ☐ 0.3 cup orange rind strips (1 orange)
- ☐ 2.3 pounds peaches fresh sliced
- ☐ 0.3 cup sugar

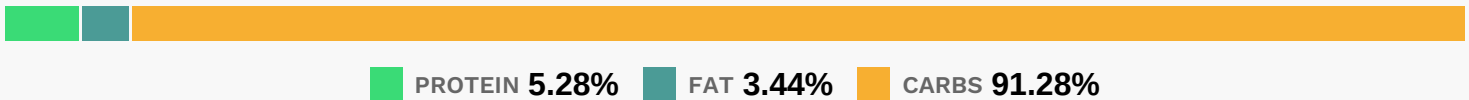
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine first 8 ingredients in a large saucepan. Bring to a boil over medium-high heat; cook 10 minutes or until wine mixture is reduced to 1 1/2 cups. Cool to room temperature.
- ☐ Strain wine mixture through a sieve over a bowl, and discard solids.
- ☐ Combine wine mixture and peaches in a medium bowl; cover and chill 4 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:11.72, Inflammation Score:-7, Nutrition Score:5.7239130683567%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 18.13mg, Catechin: 18.13mg, Catechin: 18.13mg, Catechin: 18.13mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 17.5mg, Epicatechin: 17.5mg, Epicatechin: 17.5mg, Epicatechin: 17.5mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 216.27kcal (10.81%), Fat: 0.52g (0.8%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 27.22g (9.9%), Sugar: 22.77g (25.3%), Cholesterol: 0mg (0%), Sodium: 22.64mg (0.98%), Alcohol:

13.31g (100%), Alcohol %: 5.38% (100%), Protein: 1.79g (3.58%), Vitamin C: 17.6mg (21.34%), Fiber: 3.74g (14.95%), Vitamin A: 575.4IU (11.51%), Manganese: 0.23mg (11.31%), Vitamin E: 1.28mg (8.51%), Copper: 0.14mg (7.18%), Vitamin B3: 1.43mg (7.16%), Potassium: 226.43mg (6.47%), Selenium: 3.71µg (5.3%), Vitamin K: 5.39µg (5.14%), Phosphorus: 39.29mg (3.93%), Iron: 0.71mg (3.93%), Magnesium: 15.65mg (3.91%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.22%), Folate: 11.97µg (2.99%), Vitamin B5: 0.3mg (2.96%), Vitamin B6: 0.06mg (2.88%), Zinc: 0.43mg (2.84%), Calcium: 24.99mg (2.5%)