



Pickled Grapes with Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 1 cup grapes red seedless halved
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup walnuts
- ☐ 1 tablespoon balsamic vinegar white

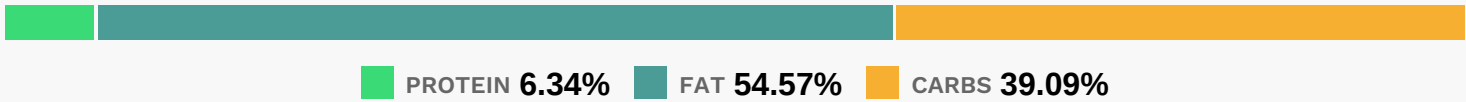
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ In a bowl, toss the grapes and vinegar.
- ☐ Let stand 15 minutes.
- ☐ Meanwhile, put the walnuts in a pie plate and bake for about 6 minutes, until lightly browned.
- ☐ Let cool, then coarsely chop.
- ☐ Drain the vinegar from the grapes into a small saucepan.
- ☐ Add the sugar and cook over moderate heat until syrupy, 2 minutes.
- ☐ Pour the syrup over the grapes, toss and let cool. Fold in the walnuts just before serving.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:1.7478260708892%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 59.33kcal (2.97%), Fat: 3.85g (5.92%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.67g (2.06%), Sugar: 5.13g (5.7%), Cholesterol: 0mg (0%), Sodium: 0.81mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Manganese: 0.21mg (10.63%), Copper: 0.11mg (5.64%), Magnesium: 10.49mg (2.62%), Phosphorus: 23.57mg (2.36%), Vitamin K: 2.36µg (2.25%), Vitamin B6: 0.04mg (2.22%), Fiber: 0.53g (2.11%), Vitamin B1: 0.03mg (2.02%), Potassium: 56.48mg (1.61%), Folate: 6.03µg (1.51%), Iron: 0.24mg (1.32%), Zinc: 0.19mg (1.29%), Vitamin B2: 0.02mg (1.16%)