



Prune Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

SAUCE

Ingredients

- 1 cup cooking liquid (reserved from chicken)
- 1 Dash ground cinnamon
- 1 tablespoon honey
- 6 ounces prune- cut to pieces pitted
- 1 cup concord grape kosher wine (such as Manischewitz)

Equipment

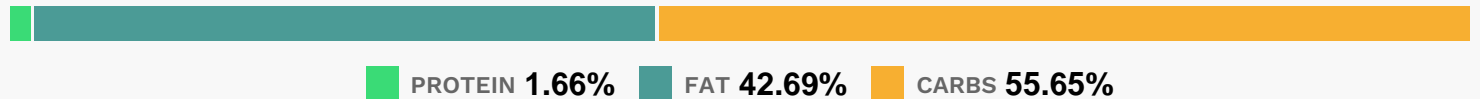
- food processor
- sauce pan

blender

Directions

- Combine wine and prunes in a small saucepan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- Place prune mixture in a food processor or blender; process until smooth.
- Add cooking liquid, honey, and cinnamon; process until blended.

Nutrition Facts



Properties

Glycemic Index:12.66, Glycemic Load:4.75, Inflammation Score:-3, Nutrition Score:2.9252173829338%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 133.72kcal (6.69%), Fat: 5.68g (8.74%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 15.09g (5.49%), Sugar: 10.5g (11.66%), Cholesterol: 0mg (0%), Sodium: 2.04mg (0.09%), Alcohol: 3.12g (100%), Alcohol %: 4.82% (100%), Protein: 0.5g (0.99%), Vitamin K: 16.68µg (15.89%), Vitamin E: 1.07mg (7.16%), Fiber: 1.58g (6.32%), Manganese: 0.12mg (6.24%), Potassium: 187.24mg (5.35%), Vitamin A: 166.43IU (3.33%), Copper: 0.06mg (3.16%), Magnesium: 12.15mg (3.04%), Vitamin B6: 0.06mg (3.03%), Vitamin B2: 0.05mg (2.79%), Vitamin B3: 0.45mg (2.27%), Phosphorus: 20.86mg (2.09%), Iron: 0.33mg (1.83%), Calcium: 12.95mg (1.3%), Vitamin B5: 0.1mg (1.03%)