



Prunes in Wine with Toasted-Almond Cookies



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



413 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups wine dry red
- ☐ 8 servings crême fraîche sour
- ☐ 2 cups port wine
- ☐ 1.3 pound prune- cut to pieces pitted
- ☐ 0.8 cup sugar
- ☐ 0.5 vanilla pod split

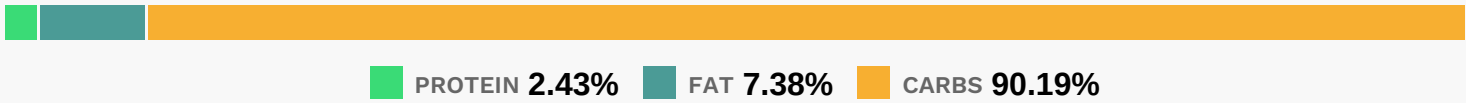
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together all ingredients in a heavy medium saucepan until sugar has dissolved. Bring to a boil, then simmer, uncovered, gently stirring occasionally, until liquid is reduced by half, about 25 minutes.
- ☐ Remove from heat and cool until barely warm or room temperature. Discard vanilla bean.
- ☐ Prunes can be cooked 3 days ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:24.76, Inflammation Score:-7, Nutrition Score:7.8347826587117%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg, Petunidin: 5.97mg Delphinidin: 4.88mg, Delphinidin: 4.88mg, Delphinidin: 4.88mg, Delphinidin: 4.88mg Malvidin: 72.64mg, Malvidin: 72.64mg, Malvidin: 72.64mg, Malvidin: 72.64mg Peonidin: 3.47mg, Peonidin: 3.47mg, Peonidin: 3.47mg, Peonidin: 3.47mg Catechin: 10.54mg, Catechin: 10.54mg, Catechin: 10.54mg, Catechin: 10.54mg Epicatechin: 10.93mg, Epicatechin: 10.93mg, Epicatechin: 10.93mg, Epicatechin: 10.93mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 412.58kcal (20.63%), Fat: 2.7g (4.16%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 74.38g (24.79%), Net Carbohydrates: 69.35g (25.22%), Sugar: 50.79g (56.44%), Cholesterol: 7.08mg (2.36%), Sodium: 10.73mg (0.47%), Alcohol: 15.48g (100%), Alcohol %: 8.84% (100%), Protein: 2g (4%), Vitamin K: 42.35µg (40.33%), Fiber: 5.03g (20.13%), Potassium: 589.37mg (16.84%), Manganese: 0.29mg (14.27%), Vitamin A: 628.28IU (12.57%), Copper: 0.23mg (11.48%), Vitamin B2: 0.17mg (9.79%), Magnesium: 35.66mg (8.91%), Vitamin B6: 0.15mg (7.51%), Vitamin B3: 1.47mg (7.36%), Phosphorus: 63.42mg (6.34%), Calcium: 47.58mg (4.76%), Iron: 0.82mg (4.56%), Vitamin B5: 0.36mg (3.59%), Vitamin B1: 0.05mg (3.29%), Zinc: 0.4mg (2.64%), Vitamin E: 0.35mg (2.34%), Selenium: 1.07µg (1.53%)