



Red Wine Cherry Sauce for Meat

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



477 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings pepper black freshly ground
- 2 cups cherries pitted halved
- 4 servings meat from a rotisserie chicken for serving
- 4 servings thyme leaves fresh chopped
- 4 servings olive oil
- 2 tablespoons orange juice fresh
- 1 tablespoon orange zest shredded finely
- 0.8 cup red wine

- 4 servings salt
- 2 shallots sliced
- 2 tablespoons sugar

Equipment

- frying pan

Directions

- In a frying pan over medium-high heat, saut a couple of sliced shallots and cherries in olive oil until shallots start to brown.
- Mix in red wine, orange zest, sugar and orange juice, and a pinch of salt. Cook, stirring often, until liquid reduces by half.
- Let cool slightly. Spoon over chicken or lamb and sprinkle with chopped fresh thyme and black pepper.

Nutrition Facts



Properties

Glycemic Index:66.52, Glycemic Load:7.5, Inflammation Score:-8, Nutrition Score:11.790000075879%

Flavonoids

Cyanidin: 20.93mg, Cyanidin: 20.93mg, Cyanidin: 20.93mg, Cyanidin: 20.93mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.6mg, Peonidin: 1.6mg, Peonidin: 1.6mg, Peonidin: 1.6mg Catechin: 6.22mg, Catechin: 6.22mg, Catechin: 6.22mg, Catechin: 6.22mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg

0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg,
Quercetin: 2.07mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 477.35kcal (23.87%), Fat: 30.55g (47%), Saturated Fat: 6.64g (41.53%), Carbohydrates: 21.86g (7.29%),
Net Carbohydrates: 19.67g (7.15%), Sugar: 16.8g (18.66%), Cholesterol: 81.36mg (27.12%), Sodium: 273.61mg (11.9%),
Alcohol: 4.77g (100%), Alcohol %: 2.27% (100%), Protein: 21.4g (42.8%), Vitamin B3: 7.68mg (38.38%), Vitamin B6:
0.49mg (24.6%), Selenium: 15.93µg (22.75%), Phosphorus: 194.78mg (19.48%), Vitamin C: 15.46mg (18.74%),
Vitamin E: 2.4mg (16.02%), Potassium: 485.01mg (13.86%), Vitamin B5: 1.2mg (12.03%), Vitamin K: 11.96µg (11.39%),
Zinc: 1.61mg (10.74%), Vitamin B2: 0.18mg (10.55%), Iron: 1.88mg (10.43%), Magnesium: 40.35mg (10.09%),
Manganese: 0.2mg (9.83%), Fiber: 2.19g (8.76%), Vitamin B1: 0.1mg (6.9%), Copper: 0.12mg (6.1%), Vitamin B12:
0.34µg (5.6%), Vitamin A: 268.79IU (5.38%), Folate: 17.44µg (4.36%), Calcium: 37.29mg (3.73%), Vitamin D: 0.22µg
(1.45%)