



Red Wine-Macerated Winter Fruit



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



636 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings cashew orange biscotti
- ☐ 1 cinnamon sticks
- ☐ 6 servings crème fraîche
- ☐ 1.5 cups cooking wine dry red
- ☐ 0.5 large firm-ripe pineapple
- ☐ 1.3 pounds fruit such as prunes mixed dried
- ☐ 1 optional: lemon
- ☐ 2 tablespoons sugar

☐ 3 cups water

Equipment

☐ bowl

☐ sauce pan

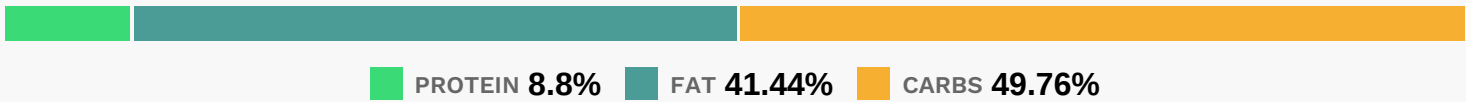
☐ sieve

☐ peeler

Directions

- ☐ Remove zest from lemon with a vegetable peeler and squeeze juice from lemon. In a saucepan bring water to a boil with zest, lemon juice, wine, sugar, and cinnamon stick, stirring until sugar is dissolved. Simmer mixture 15 minutes.
- ☐ While mixture is simmering, peel and core pineapple and cut into bite-size pieces. Halve figs if using.
- ☐ Pour hot syrup through a sieve into a bowl. Stir pineapple and dried fruit into syrup and cool. Chill fruit, covered, at least 8 hours and up to 2 days.
- ☐ Serve fruit with mascarpone or crème fraîche and biscotti.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:21.06, Inflammation Score:-8, Nutrition Score:17.845652227816%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg 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: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg

0.26mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 635.78kcal (31.79%), Fat: 29.05g (44.69%), Saturated Fat: 11.05g (69.03%), Carbohydrates: 78.49g (26.16%), Net Carbohydrates: 67.16g (24.42%), Sugar: 51.59g (57.32%), Cholesterol: 30mg (10%), Sodium: 37.24mg (1.62%), Alcohol: 6.3g (100%), Alcohol %: 2.06% (100%), Protein: 13.88g (27.77%), Manganese: 1.09mg (54.29%), Copper: 0.96mg (47.88%), Fiber: 11.33g (45.31%), Magnesium: 154.83mg (38.71%), Calcium: 261.55mg (26.16%), Iron: 4.48mg (24.87%), Potassium: 868.02mg (24.8%), Phosphorus: 244.47mg (24.45%), Vitamin K: 25.15µg (23.96%), Zinc: 2.39mg (15.94%), Vitamin B1: 0.21mg (14.3%), Vitamin C: 10.85mg (13.15%), Vitamin B6: 0.24mg (12.03%), Selenium: 6.65µg (9.5%), Vitamin A: 435.13IU (8.7%), Vitamin B5: 0.71mg (7.06%), Vitamin B2: 0.1mg (5.85%), Vitamin B3: 0.93mg (4.65%), Folate: 18.02µg (4.5%), Vitamin E: 0.65mg (4.34%)