



## Red Wine Plum Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



1131 kcal

BEVERAGE

DRINK

## Ingredients

- 0.3 teaspoon cardamom seed
- 1 teaspoon coriander seed
- 2 cups cooking wine dry red
- 1 tablespoon ginger fresh minced
- 2 cups orange juice
- 2 teaspoons orange peel grated
- 2 pounds to prune plums firm ripe
- 0.8 cup sugar

# Equipment

frying pan

# Directions

In a 12- to 14-inch frying pan, combine orange peel, orange juice, wine, 3/4 cup sugar, cardamom, coriander, and ginger. Boil over high heat until reduced to about 1 cup, about 20 minutes.

Meanwhile, rinse plums and cut into chunks; discard pits.

Add plums to reduced sauce. Simmer rapidly, stirring often, until fruit is very soft and mixture is reduced to about 3 cups, about 25 minutes. Taste and add additional sugar if desired, then simmer 2 to 3 minutes more.

Serve warm, cool, or cold.

# Nutrition Facts



**PROTEIN 2.89%** **FAT 1.45%** **CARBS 95.66%**

# Properties

Glycemic Index:57.03, Glycemic Load:93.54, Inflammation Score:-10, Nutrition Score:34.118695798128%

# Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Petunidin: 5.31mg, Petunidin: 5.31mg, Petunidin: 5.31mg, Petunidin: 5.31mg Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg, Delphinidin: 6.81mg Malvidin: 41.98mg, Malvidin: 41.98mg, Malvidin: 41.98mg, Malvidin: 41.98mg Peonidin: 2.96mg, Peonidin: 2.96mg, Peonidin: 2.96mg, Peonidin: 2.96mg Catechin: 12.32mg, Catechin: 12.32mg, Catechin: 12.32mg, Catechin: 12.32mg Epicatechin: 17.06mg, Epicatechin: 17.06mg, Epicatechin: 17.06mg, Epicatechin: 17.06mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 19.76mg, Hesperetin: 19.76mg, Hesperetin: 19.76mg, Hesperetin: 19.76mg Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg, Naringenin: 3.54mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

# Nutrients (% of daily need)

Calories: 1131.1kcal (56.56%), Fat: 1.79g (2.75%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 265.61g (88.54%), Net Carbohydrates: 243.3g (88.47%), Sugar: 179.04g (198.93%), Cholesterol: 0mg (0%), Sodium: 8.81mg (0.38%),

Alcohol: 16.8g (100%), Alcohol %: 3.12% (100%), Protein: 8.02g (16.05%), Vitamin K: 180.09µg (171.52%), Vitamin C: 86.59mg (104.95%), Fiber: 22.31g (89.26%), Potassium: 2568.02mg (73.37%), Vitamin A: 2697.97IU (53.96%), Manganese: 0.99mg (49.7%), Copper: 0.94mg (46.98%), Vitamin B2: 0.63mg (36.81%), Magnesium: 146.05mg (36.51%), Vitamin B6: 0.69mg (34.63%), Vitamin B3: 6.39mg (31.96%), Phosphorus: 240.86mg (24.09%), Vitamin B1: 0.31mg (20.48%), Iron: 3.32mg (18.47%), Vitamin B5: 1.6mg (16.02%), Calcium: 156.6mg (15.66%), Folate: 62.35µg (15.59%), Zinc: 1.47mg (9.82%), Vitamin E: 1.38mg (9.17%), Selenium: 1.58µg (2.25%)