



Red Wine Reduction Dessert Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



10

CALORIES



101 kcal

SAUCE

Ingredients



0.5 teaspoon ground cinnamon



750 milliliter pinot noir wine



1 teaspoon vanilla extract



0.5 cup sugar white to taste

Equipment



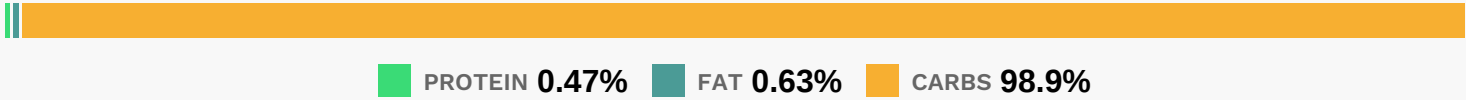
sauce pan

Directions

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Combine wine, sugar, vanilla extract, and cinnamon together in a saucepan; simmer over low heat, stirring occasionally, until sauce reduces, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:7.24, Inflammation Score:-2, Nutrition Score:0.079130434309659%

Nutrients (% of daily need)

Calories: 101.25kcal (5.06%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 11.77g (4.28%), Sugar: 10.03g (11.15%), Cholesterol: 0mg (0%), Sodium: 0.15mg (0.01%), Alcohol: 7.92g (100%), Alcohol %: 11.76% (100%), Protein: 0.06g (0.11%)