



Sauternes-Poached Apricots with Fresh Berries and Vanilla Crème Fraîche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



332 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 apricots
- ☐ 1.5 cups blueberries fresh
- ☐ 0.5 cup commercial crème fraîche
- ☐ 1.5 cups raspberries fresh
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 tablespoon sugar

- ☐ 2 cups sugar
- ☐ 12 inch vanilla beans split
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.3 cups water
- ☐ 1.8 cups sauternes sweet
- ☐ 8 servings cr[special_char]
- ☐ 8 servings cr[special_char]

Equipment

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ To prepare the apricots, combine the first 4 ingredients in a large saucepan. Scrape seeds from vanilla beans; add seeds and beans to wine mixture. Bring to a boil; add apricots. Reduce heat, and simmer for 2 minutes.
- ☐ Remove apricots with a slotted spoon. Bring wine mixture to a boil; cook until reduced to 2 1/4 cups (about 20 minutes). Cool to room temperature.
- ☐ Cut the apricots in half; remove pits.
- ☐ Combine the wine mixture and apricot halves in a shallow dish, and discard vanilla beans. Cover and chill 8 hours.
- ☐ To prepare the crme frache, combine commercial crme frache, 1 tablespoon sugar, vanilla, and a dash of salt.
- ☐ Arrange 3 apricot halves, 3 tablespoons blueberries, and 3 tablespoons raspberries onto each of 8 dessert plates.
- ☐ Drizzle each serving with about 2 tablespoons wine mixture; top each with 1 tablespoon crme frache.

Nutrition Facts



Properties

Glycemic Index:32.86, Glycemic Load:39.81, Inflammation Score:-7, Nutrition Score:5.9739130372586%

Flavonoids

Cyanidin: 12.65mg, Cyanidin: 12.65mg, Cyanidin: 12.65mg, Cyanidin: 12.65mg Petunidin: 8.82mg, Petunidin: 8.82mg, Petunidin: 8.82mg, Petunidin: 8.82mg Delphinidin: 10.13mg, Delphinidin: 10.13mg, Delphinidin: 10.13mg, Delphinidin: 10.13mg Malvidin: 18.82mg, Malvidin: 18.82mg, Malvidin: 18.82mg, Malvidin: 18.82mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 5.66mg, Peonidin: 5.66mg, Peonidin: 5.66mg, Peonidin: 5.66mg Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 332.18kcal (16.61%), Fat: 3.97g (6.1%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 66.84g (22.28%), Net Carbohydrates: 63.66g (23.15%), Sugar: 61.03g (67.81%), Cholesterol: 8.48mg (2.83%), Sodium: 51.67mg (2.25%), Alcohol: 5.49g (100%), Alcohol %: 2.65% (100%), Protein: 1.6g (3.2%), Vitamin A: 1123.12IU (22.46%), Manganese: 0.35mg (17.51%), Vitamin C: 13.97mg (16.93%), Fiber: 3.18g (12.71%), Vitamin K: 9.27µg (8.83%), Potassium: 247.97mg (7.08%), Vitamin E: 0.88mg (5.84%), Vitamin B2: 0.08mg (4.88%), Magnesium: 18.95mg (4.74%), Copper: 0.09mg (4.57%), Vitamin B6: 0.09mg (4.37%), Phosphorus: 42.32mg (4.23%), Calcium: 35.04mg (3.5%), Iron: 0.62mg (3.42%), Vitamin B3: 0.64mg (3.18%), Folate: 12.5µg (3.13%), Vitamin B5: 0.31mg (3.06%), Vitamin B1: 0.04mg (2.58%), Zinc: 0.36mg (2.42%), Selenium: 1.02µg (1.46%)