

# Sour Cherry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



53 kcal

SAUCE

## Ingredients

- 1 drop almond extract
- 1 cup cherries sour pitted drained
- 1 teaspoon cornstarch
- 2 tablespoons wine dry white
- 2 tablespoons sugar

## Equipment

- sauce pan
- whisk

# Directions

- Pour syrup into a 1-quart heavy saucepan, setting aside cherries.
- Whisk sugar, wine, and cornstarch into cherry syrup until smooth, then bring to a boil over moderate heat, whisking constantly, and boil until slightly thickened, about 1 minute.
- Remove from heat, then stir in almond extract and cherries and cool.
- \*Available at specialty shops.
- Sauce can be made 4 days ahead and chilled, covered.

# Nutrition Facts

**PROTEIN 2.93%** **FAT 1.56%** **CARBS 95.51%**

# Properties

Glycemic Index:26.77, Glycemic Load:5.27, Inflammation Score:-1, Nutrition Score:0.8613043492255%

# Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

# Nutrients (% of daily need)

Calories: 52.96kcal (2.65%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 11.42g (4.15%), Sugar: 10.48g (11.64%), Cholesterol: 0mg (0%), Sodium: 0.48mg (0.02%), Alcohol: 0.78g (100%), Alcohol %: 2.04% (100%), Protein: 0.37g (0.74%), Vitamin C: 2.41mg (2.93%), Fiber: 0.73g (2.92%), Potassium: 82.09mg (2.35%), Manganese: 0.03mg (1.67%), Magnesium: 4.56mg (1.14%), Copper: 0.02mg (1.08%), Vitamin B6: 0.02mg (1.03%)