

Strawberries and Oranges with Vanilla-Scented Wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup orange juice fresh
- ☐ 24 inch orange rind
- ☐ 2.5 cups orange sections
- ☐ 2 cups late-harvest riesling
- ☐ 6 cups strawberries halved
- ☐ 2 tablespoons sugar
- ☐ 6 inch vanilla pod split

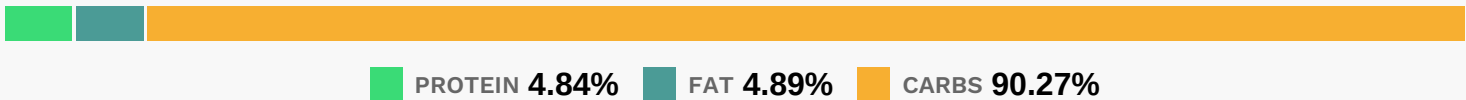
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine the first 4 ingredients in a medium saucepan. Scrape seeds from vanilla bean; add seeds and bean to wine mixture. Bring to a boil; reduce heat, and simmer 5 minutes. Strain mixture through a sieve over a large bowl; discard solids.
- ☐ Let cool 30 minutes; discard rind. Stir in strawberries and oranges. Cover and chill.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:5.63, Inflammation Score:-6, Nutrition Score:8.1434783365415%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 2.73mg, Petunidin: 2.73mg, Petunidin: 2.73mg, Petunidin: 2.73mg Delphinidin: 1.78mg, Delphinidin: 1.78mg, Delphinidin: 1.78mg, Delphinidin: 1.78mg Malvidin: 37.94mg, Malvidin: 37.94mg, Malvidin: 37.94mg, Malvidin: 37.94mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 1.61mg, Peonidin: 1.61mg, Peonidin: 1.61mg, Peonidin: 1.61mg Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 12.69mg, Hesperetin: 12.69mg, Hesperetin: 12.69mg, Hesperetin: 12.69mg Naringenin: 6.37mg, Naringenin: 6.37mg, Naringenin: 6.37mg, Naringenin: 6.37mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 129.58kcal (6.48%), Fat: 0.51g (0.78%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 18.24g (6.63%), Sugar: 13.87g (15.41%), Cholesterol: 0mg (0%), Sodium: 4.7mg (0.2%), Alcohol: 6.12g (100%), Alcohol %: 4.35% (100%), Protein: 1.14g (2.27%), Vitamin C: 79.53mg (96.4%), Manganese: 0.34mg (16.89%), Fiber: 2.92g (11.68%), Folate: 36.25µg (9.06%), Potassium: 266.98mg (7.63%), Vitamin B1: 0.08mg (5.45%), Magnesium: 20.1mg (5.03%), Copper: 0.08mg (4.17%), Calcium: 40.19mg (4.02%), Vitamin B6: 0.07mg (3.68%), Vitamin A: 155.68IU (3.11%), Phosphorus: 30.71mg (3.07%), Vitamin B3: 0.6mg (2.99%), Vitamin B2: 0.05mg (2.89%), Iron: 0.51mg (2.84%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.3mg (1.98%), Vitamin K: 1.6µg (1.53%), Zinc: 0.18mg (1.19%), Selenium: 0.76µg (1.08%)