



## Strawberries in Red Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



6

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



1 teaspoon juice of lemon fresh



1 lb strawberries trimmed halved (2 pt)



0.5 cup sugar



2 cups red wine such as santa maddalena fruity

## Equipment

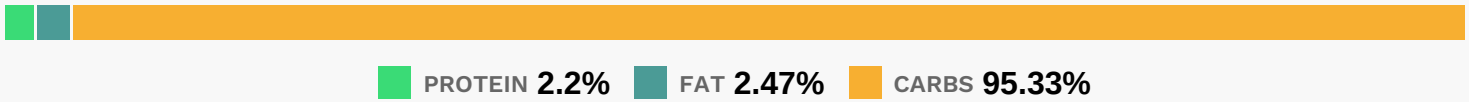


bowl

# Directions

- ☐
- Stir together wine, lemon juice, and sugar (to taste) in a bowl. Stir in strawberries and let macerate at room temperature 1 hour, then chill until cold, up to 1 hour but no longer. (Fruit will become too soft if it steeps for more than 2 hours.)
- ☐
- Serve berries in small bowls with some of their juices.

## Nutrition Facts



## Properties

Glycemic Index:20.85, Glycemic Load:13.67, Inflammation Score:-5, Nutrition Score:5.4521739178378%

## Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Petunidin: 1.67mg, Petunidin: 1.67mg, Petunidin: 1.67mg, Petunidin: 1.67mg Delphinidin: 1.84mg, Delphinidin: 1.84mg, Delphinidin: 1.84mg, Delphinidin: 1.84mg Malvidin: 11.08mg, Malvidin: 11.08mg, Malvidin: 11.08mg, Malvidin: 11.08mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 1.04mg, Peonidin: 1.04mg, Peonidin: 1.04mg, Peonidin: 1.04mg Catechin: 8.06mg, Catechin: 8.06mg, Catechin: 8.06mg, Catechin: 8.06mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg 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: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 156.54kcal (7.83%), Fat: 0.28g (0.43%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 23.04g (8.38%), Sugar: 20.85g (23.16%), Cholesterol: 0mg (0%), Sodium: 4.13mg (0.18%), Alcohol: 8.48g (100%), Alcohol %: 6.21% (100%), Protein: 0.57g (1.13%), Vitamin C: 44.77mg (54.27%), Manganese: 0.4mg (19.91%), Potassium: 218.46mg (6.24%), Fiber: 1.51g (6.06%), Magnesium: 19.48mg (4.87%), Folate: 19.11µg (4.78%), Vitamin B6: 0.08mg (4.08%), Iron: 0.69mg (3.82%), Phosphorus: 36.61mg (3.66%), Vitamin B2: 0.04mg (2.63%),

Vitamin B3: 0.47mg (2.36%), Copper: 0.05mg (2.32%), Vitamin K: 1.98µg (1.89%), Calcium: 18.71mg (1.87%), Vitamin B1: 0.02mg (1.49%), Zinc: 0.22mg (1.47%), Vitamin E: 0.22mg (1.47%), Vitamin B5: 0.12mg (1.2%)