



Strawberries with Port-Wine Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



750 ml tawny port



2 lb strawberries whole dry rinsed



1 cup sugar

Equipment



bowl

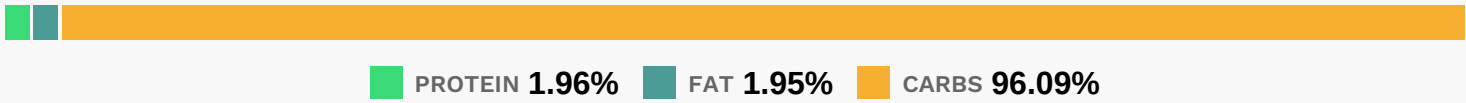


sauce pan

Directions

- ☐ Bring Port and sugar to a boil in a 2- to 3-quart heavy saucepan over moderate heat, stirring until sugar is dissolved, and boil, uncovered, until slightly syrupy and reduced to 1 to 1 1/4 cups, about 20 minutes. Cool to room temperature, about 30 minutes (sauce will thicken as it cools).
- ☐ Transfer to a small bowl and serve with berries for dipping.
- ☐ Port-wine dip can be made 1 day ahead and cooled to room temperature, uncovered, then chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:13.35, Inflammation Score:-5, Nutrition Score:5.0382609185965%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 4.29mg, Petunidin: 4.29mg, Petunidin: 4.29mg, Petunidin: 4.29mg Delphinidin: 2.71mg, Delphinidin: 2.71mg, Delphinidin: 2.71mg, Delphinidin: 2.71mg Malvidin: 60.13mg, Malvidin: 60.13mg, Malvidin: 60.13mg, Malvidin: 60.13mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 2.53mg, Peonidin: 2.53mg, Peonidin: 2.53mg, Peonidin: 2.53mg Catechin: 8.6mg, Catechin: 8.6mg, Catechin: 8.6mg, Catechin: 8.6mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 5.11mg, Epicatechin: 5.11mg, Epicatechin: 5.11mg, Epicatechin: 5.11mg 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 Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 189.8kcal (9.49%), Fat: 0.28g (0.43%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 29.58g (10.76%), Sugar: 25.26g (28.07%), Cholesterol: 0mg (0%), Sodium: 6.63mg (0.29%), Alcohol: 9.7g (100%), Alcohol %: 7.9% (100%), Protein: 0.63g (1.27%), Vitamin C: 44.45mg (53.88%), Manganese: 0.37mg (18.4%), Fiber: 1.51g (6.05%), Potassium: 174.33mg (4.98%), Folate: 18.14µg (4.54%), Magnesium: 15.53mg (3.88%), Copper: 0.07mg (3.3%), Iron: 0.47mg (2.61%), Phosphorus: 23.85mg (2.38%), Vitamin B3: 0.43mg (2.13%),

Vitamin B1: 0.03mg (1.97%), Vitamin B2: 0.03mg (1.84%), Vitamin B6: 0.04mg (1.78%), Calcium: 17.33mg (1.73%),
Vitamin K: 1.66µg (1.58%), Vitamin E: 0.22mg (1.46%), Vitamin B5: 0.11mg (1.15%), Selenium: 0.72µg (1.03%), Zinc:
0.15mg (1.01%)