



Summer Fruit with Wine and Mint

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN

ready

139 min.

SERVINGS

servings

4

CALORIES

calories

194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cantaloupe ripe halved seeded cut into 3/4-inch cubes 3 cups
- ☐ 1.3 cups cooking wine dry white
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 cup grapes green seedless halved lengthwise
- ☐ 8 ounce basket strawberries fresh quartered
- ☐ 0.3 cup sugar

Equipment

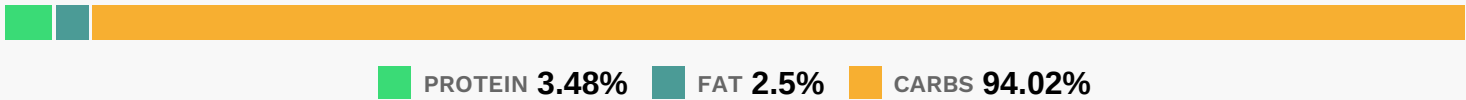
- ☐ bowl

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring the wine and sugar to a boil in a small saucepan, stirring until the sugar is dissolved. Boil for 2 minutes.
- ☐ Remove from the heat.
- ☐ Chop and combine the cantaloupe, strawberries, grapes, and mint in a large bowl.
- ☐ Pour the warm wine mixture over; toss to coat. Cover and refrigerate until cold, stirring occasionally, at least 2 hours.
- ☐ Transfer to the fruit mixture to a wide jar with a tight-fitting lid. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:59.65, Glycemic Load:19.63, Inflammation Score:-9, Nutrition Score:9.04652175696%

Flavonoids

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Nutrients (% of daily need)

Calories: 194.19kcal (9.71%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 33.43g (12.16%), Sugar: 31.41g (34.9%), Cholesterol: 0mg (0%), Sodium: 26.33mg (1.14%), Alcohol: 7.72g (100%), Alcohol %: 3.82% (100%), Protein: 1.32g (2.63%), Vitamin C: 42.47mg (51.47%), Vitamin A: 2418.4IU (48.37%), Manganese: 0.38mg (18.85%), Potassium: 327.88mg (9.37%), Fiber: 2.13g (8.5%), Vitamin K: 8.92µg (8.5%), Copper: 0.14mg (7.1%), Magnesium: 27.48mg (6.87%), Folate: 26.2µg (6.55%), Vitamin B6: 0.13mg (6.29%), Vitamin B1: 0.08mg (5.22%), Iron: 0.9mg (5.03%), Phosphorus: 47.3mg (4.73%), Vitamin B2: 0.08mg (4.43%), Vitamin B3: 0.87mg (4.36%), Zinc: 0.51mg (3.43%), Calcium: 29.01mg (2.9%), Selenium: 1.61µg (2.3%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.27mg (1.8%)