

Apple Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



80 kcal

SAUCE

Ingredients

- ☐ 2 mcintosh apples cored peeled chopped
- ☐ 0.3 cup brown sugar dark
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 to 3 scrapes of nutmeg fresh
- ☐ 0.5 cup orange juice
- ☐ 6 servings salt

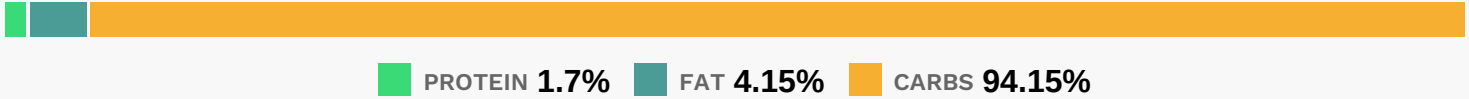
Equipment

- ☐ pot

Directions

 In a saucepot on medium-high heat, add the apples, orange juice, lemon juice, brown sugar and nutmeg. Simmer over medium heat until the apples are tender and the juices are thickened to a thin syrup, 10 to 12 minutes. Season with a pinch of salt.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:3.44, Inflammation Score:-2, Nutrition Score:2.2121739342161%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 2.83mg, Hesperetin: 2.83mg, Hesperetin: 2.83mg, Hesperetin: 2.83mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 79.73kcal (3.99%), Fat: 0.39g (0.6%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 18.37g (6.68%), Sugar: 17.19g (19.1%), Cholesterol: 0mg (0%), Sodium: 197.3mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin C: 14.11mg (17.1%), Fiber: 1.64g (6.57%), Potassium: 123.39mg (3.53%), Manganese: 0.05mg (2.51%), Folate: 9.12µg (2.28%), Vitamin B1: 0.03mg (2.12%), Vitamin B6: 0.04mg (1.96%), Magnesium: 7.51mg (1.88%), Copper: 0.04mg (1.86%), Vitamin A: 74.92IU (1.5%), Calcium: 15.02mg (1.5%), Vitamin B2: 0.02mg (1.34%), Vitamin K: 1.36µg (1.29%), Phosphorus: 12.17mg (1.22%), Iron: 0.2mg (1.13%)