



Apple-Cranberry Compote



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



99 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons ginger fresh grated
- ☐ 6 granny smith apples cored peeled quartered
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 16 servings garnishes: orange rind strips fresh
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce cranberry-orange sauce whole

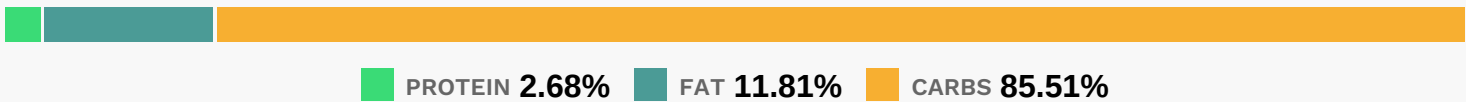
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring cranberry–orange sauce and next 4 ingredients to a boil in a medium saucepan over medium–high heat, stirring constantly.
- ☐ Remove from heat.
- ☐ Arrange apple quarters in a round baking dish coated with cooking spray; pour cranberry mixture over apples.
- ☐ Bake at 350 for 45 minutes or until apples are tender.
- ☐ Sprinkle evenly with chopped pecans.
- ☐ Bake 5 more minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:2.5, Inflammation Score:-2, Nutrition Score:3.3686956931715%

Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 99.02kcal (4.95%), Fat: 1.4g (2.16%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 19.57g (7.12%), Sugar: 15.43g (17.15%), Cholesterol: 0mg (0%), Sodium: 38.91mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 20.43mg (24.76%), Fiber: 3.32g (13.27%), Manganese: 0.12mg (5.76%), Potassium: 116.38mg (3.32%), Vitamin B6: 0.06mg (2.88%), Copper: 0.06mg (2.85%), Vitamin B1: 0.04mg (2.73%), Calcium: 26.67mg (2.67%), Vitamin E: 0.38mg (2.52%), Magnesium: 8.89mg (2.22%), Vitamin B2: 0.04mg (2.09%), Vitamin A: 97.25IU (1.95%), Iron: 0.32mg (1.79%), Vitamin K: 1.86µg (1.77%), Folate: 6.65µg (1.66%), Phosphorus: 15.89mg (1.59%), Vitamin B5: 0.12mg (1.2%), Vitamin B3: 0.22mg (1.08%)