



Apple-Date Compote with Apple-Cider Yogurt Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

SAUCE

Ingredients

- ☐ 5 cups apple cider
- ☐ 1 cinnamon sticks
- ☐ 4 large dates pitted quartered
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2.5 teaspoons orange zest grated
- ☐ 2 cups yogurt plain
- ☐ 5 tablespoons sugar

- ☐ 1.5 pounds apple green cored peeled sliced
- ☐ 2 teaspoons butter unsalted
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Set strainer over medium bowl. Line strainer with double layer of cheesecloth.
- ☐ Place yogurt in strainer. Refrigerate overnight. Discard liquid that drains out.
- ☐ Boil 4 cups cider in medium saucepan until reduced to 1/2 cup thin syrup, about 30 minutes. Cool. Stir 3 tablespoons into thickened yogurt. Re-serve remaining syrup.
- ☐ Melt butter in large nonstick skillet over medium-high heat.
- ☐ Add apples, 1 tablespoon sugar and lemon juice; sauté until golden, about 10 minutes.
- ☐ Transfer apples to medium bowl.
- ☐ Add 2 cups water, cloves, orange peel, cinnamon, 1 cup apple cider and 4 tablespoons sugar to same skillet. Boil until reduced to 2/3 cup, about 20 minutes. Strain. Discard solids. Return liquid and apples to skillet; add dates. Simmer 3 minutes. Cool. (Can be made 4 hours ahead. Chill yogurt cheese; store compote at room temperature.)
- ☐ Place heaping spoonful of yogurt cheese in center of each bowl. Surround with apples.
- ☐ Drizzle with reserved syrup.
- ☐ Per Serving: calories, 267; total fat, 2 g; saturated fat, 1 g; cholesterol, 3 mg.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:21.65, Inflammation Score:-4, Nutrition Score:7.8130435030098%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 17.8mg, Epicatechin: 17.8mg, Epicatechin: 17.8mg, Epicatechin: 17.8mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 261.58kcal (13.08%), Fat: 2.01g (3.1%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 58.46g (19.49%), Net Carbohydrates: 54.56g (19.84%), Sugar: 50g (55.56%), Cholesterol: 5.22mg (1.74%), Sodium: 76.31mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Calcium: 197.08mg (19.71%), Potassium: 566.29mg (16.18%), Phosphorus: 158.5mg (15.85%), Fiber: 3.89g (15.58%), Vitamin B2: 0.26mg (15.35%), Manganese: 0.3mg (15.21%), Vitamin C: 9.86mg (11.96%), Magnesium: 34.53mg (8.63%), Vitamin B12: 0.5µg (8.35%), Vitamin B5: 0.73mg (7.28%), Vitamin B1: 0.1mg (6.93%), Vitamin B6: 0.14mg (6.82%), Zinc: 0.91mg (6.1%), Selenium: 3.38µg (4.83%), Copper: 0.09mg (4.64%), Folate: 14.92µg (3.73%), Iron: 0.56mg (3.09%), Vitamin K: 3.08µg (2.94%), Vitamin A: 116.41IU (2.33%), Vitamin B3: 0.43mg (2.13%), Vitamin E: 0.28mg (1.89%)