



Apple, Pear, and Cranberry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



50 kcal

SAUCE

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 2.3 cups purée of usa bartlett pear peeled coarsely chopped (2 medium)
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup cranberries fresh
- ☐ 3 cups fuji apple peeled coarsely chopped (2 medium)
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons juice of lemon fresh

☐ 0.1 teaspoon salt

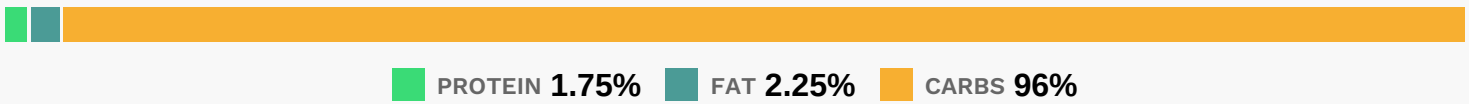
Equipment

☐ sauce pan

Directions

- ☐ Combine the first 8 ingredients in a medium saucepan over medium heat. Bring to a boil. Cover, reduce heat, and simmer 15 minutes or until the fruit is tender.
- ☐ Remove from heat, and stir in lemon juice.

Nutrition Facts



Properties

Glycemic Index:19.48, Glycemic Load:3.25, Inflammation Score:-1, Nutrition Score:1.3726086843273%

Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 49.69kcal (2.48%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 10.73g (3.9%), Sugar: 9.36g (10.4%), Cholesterol: 0mg (0%), Sodium: 26.06mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Fiber: 1.82g (7.27%), Vitamin C: 3.64mg (4.41%), Manganese: 0.07mg (3.52%), Potassium: 82.32mg (2.35%), Vitamin K: 1.93µg (1.84%), Copper: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.31%), Magnesium: 4.47mg (1.12%), Vitamin B2: 0.02mg (1.09%)