



Apple, Pear and Plum Compote



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



122 kcal

SAUCE

Ingredients

- ☐ 2 cups granny smith apples peeled cut into 1-inch cubes (2 medium apples)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 2 cups pears firm ripe peeled cut into 1-inch cubes (2 medium pears)
- ☐ 2 cups plums diced unpeeled (3 large plums)
- ☐ 0.5 teaspoon vanilla extract

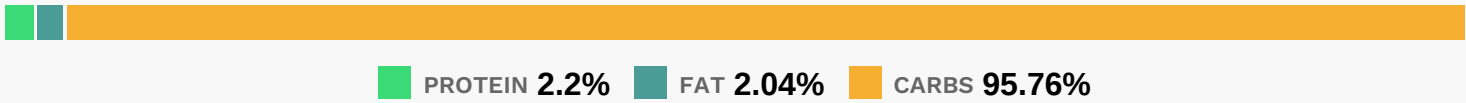
Equipment

- ☐ pot

Directions

- ☐ In a large pot, combine the apples, pears, plums, 1/2 cup water, the honey, vanilla and cinnamon. Bring to a boil, reduce the heat, cover and cook for 30 minutes.
- ☐ Remove the lid and continue cooking until the syrup is reduced and the fruit is tender, another 30 minutes.
- ☐ Cool completely, cover and store in the fridge until ready to serve.
- ☐ Serve alone or on cake.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:12.1, Inflammation Score:-3, Nutrition Score:3.3034782720649%

Flavonoids

Cyanidin: 4.86mg, Cyanidin: 4.86mg, Cyanidin: 4.86mg, Cyanidin: 4.86mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 121.87kcal (6.09%), Fat: 0.3g (0.46%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 28.44g (10.34%), Sugar: 26.66g (29.63%), Cholesterol: 0mg (0%), Sodium: 1.57mg (0.07%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 0.74g (1.47%), Fiber: 3.55g (14.2%), Vitamin C: 9.53mg (11.55%), Vitamin K: 6.85µg (6.52%), Potassium: 201.74mg (5.76%), Manganese: 0.11mg (5.51%), Copper: 0.09mg (4.62%), Vitamin A: 226.16IU (4.52%), Vitamin B2: 0.04mg (2.64%), Vitamin B6: 0.05mg (2.62%), Magnesium: 10.11mg (2.53%), Phosphorus: 20.51mg (2.05%), Folate: 8.05µg (2.01%), Vitamin B1: 0.03mg (1.93%), Vitamin E: 0.29mg (1.91%), Vitamin B3: 0.37mg (1.87%), Iron: 0.31mg (1.74%), Vitamin B5: 0.14mg (1.36%), Calcium: 13.18mg (1.32%), Zinc: 0.16mg (1.07%)