



WHATSheATE



Apple, pear & cherry compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



257 kcal

SAUCE

Ingredients



8 apples cored peeled cut into chunks



4 medium bramley apples cored peeled cut into chunks



8 pears firm cored peeled sliced



6 tbsp sugar to taste



280 g cranberries dried sour (or cranberries)

Equipment

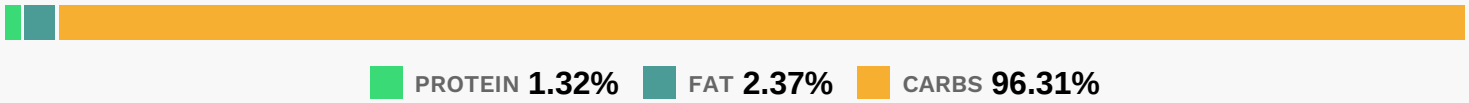


frying pan

Directions

- ☐ Put the apples and pears in a pan with the sugar and 50ml water. Bring to a simmer, then gently cook, covered, for 15 mins or so until the Bramley apple has collapsed to a pure and the eating apple and pear are tender (stir to make sure it doesnt catch on the bottom).
- ☐ Stir in the cherries or cranberries for 1 min, taste and add a little more sugar if necessary. Can be chilled for 3-5 days.
- ☐ Serve with vanilla ice cream, if you like. See 'Goes well with' for ideas for using up the compote.

Nutrition Facts



Properties

Glycemic Index:14.24, Glycemic Load:16.1, Inflammation Score:-4, Nutrition Score:5.9813044135985%

Flavonoids

Cyanidin: 5.44mg, Cyanidin: 5.44mg, Cyanidin: 5.44mg, Cyanidin: 5.44mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 18.17mg, Epicatechin: 18.17mg, Epicatechin: 18.17mg, Epicatechin: 18.17mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 257.25kcal (12.86%), Fat: 0.75g (1.15%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 68.45g (22.82%), Net Carbohydrates: 59.17g (21.51%), Sugar: 53.43g (59.36%), Cholesterol: 0mg (0%), Sodium: 4.23mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Fiber: 9.28g (37.13%), Vitamin C: 13.52mg (16.39%), Vitamin K: 11µg (10.47%), Potassium: 343.95mg (9.83%), Manganese: 0.18mg (9.14%), Copper: 0.16mg (8.08%), Vitamin E: 0.96mg (6.4%), Vitamin B6: 0.12mg (5.89%), Vitamin B2: 0.09mg (5.05%), Magnesium: 18.34mg (4.59%), Phosphorus: 36.13mg (3.61%), Folate: 13.77µg (3.44%), Vitamin B1: 0.05mg (3.21%), Iron: 0.53mg (2.92%), Vitamin A: 127.95IU (2.56%), Vitamin B3: 0.48mg (2.42%), Calcium: 23.76mg (2.38%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.22mg

(1.44%)