



Apricot-Cherry Compote



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

SAUCE

Ingredients

- ☐ 4 ounces cherries dried
- ☐ 0.3 cup crème fraîche (see notes)
- ☐ 8 ounces apricots dried
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup whipping cream
- ☐ 375 ml sauternes (see notes)

Equipment

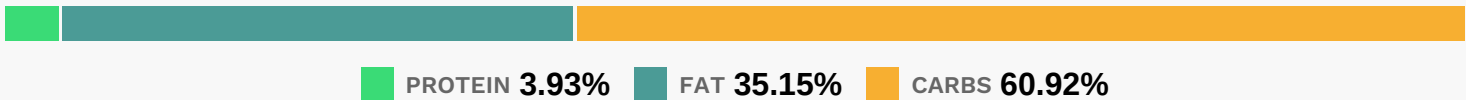
- ☐ bowl

- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ Cut dried apricots into 1/4-inch strips. In a 3- to 4-quart nonreactive pan, combine apricots, cherries, and 1 cup hot water.
- ☐ Let stand until fruit is slightly soft, about 30 minutes.
- ☐ Pour in
- ☐ Sauternes and bring to a simmer over medium-low heat. Cook, gently stirring occasionally, until cherries are plump, apricots are very soft, and liquid is cloudy and thick, about 30 minutes. Cover and chill until cold, at least 2 hours,
- ☐ or up to 2 days.
- ☐ In a bowl, combine whipping cream, crme frache, and sugar; beat with an electric mixer at medium-high speed until soft peaks form. Spoon apricot-cherry compote
- ☐ into six small bowls. Top each serving with a dollop of whipped cream mixture;
- ☐ offer remaining to add to taste.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:8.96, Inflammation Score:-8, Nutrition Score:6.673043411711%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Petunidin: 4.2mg, Petunidin: 4.2mg, Petunidin: 4.2mg, Petunidin: 4.2mg Delphinidin: 2.47mg, Delphinidin: 2.47mg, Delphinidin: 2.47mg, Delphinidin: 2.47mg Malvidin: 60.12mg, Malvidin: 60.12mg, Malvidin: 60.12mg, Malvidin: 60.12mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 2.78mg, Peonidin: 2.78mg, Peonidin: 2.78mg, Peonidin: 2.78mg Catechin: 7.08mg, Catechin: 7.08mg, Catechin: 7.08mg, Catechin: 7.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 5.74mg, Epicatechin: 5.74mg, Epicatechin: 5.74mg, Epicatechin: 5.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 304.88kcal (15.24%), Fat: 9.88g (15.19%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 35.36g (12.86%), Sugar: 30.55g (33.94%), Cholesterol: 29.95mg (9.98%), Sodium: 18.82mg (0.82%), Alcohol: 9.7g (100%), Alcohol %: 7.95% (100%), Protein: 2.48g (4.97%), Vitamin A: 1745.54IU (34.91%), Potassium: 573.61mg (16.39%), Fiber: 3.16g (12.62%), Vitamin E: 1.88mg (12.54%), Manganese: 0.18mg (8.96%), Copper: 0.17mg (8.71%), Iron: 1.26mg (6.97%), Vitamin B2: 0.1mg (6.16%), Vitamin B3: 1.17mg (5.84%), Phosphorus: 57.73mg (5.77%), Magnesium: 22.55mg (5.64%), Calcium: 54.33mg (5.43%), Vitamin B6: 0.08mg (3.77%), Vitamin B5: 0.35mg (3.46%), Selenium: 2.23µg (3.18%), Vitamin C: 1.93mg (2.35%), Vitamin K: 2.39µg (2.28%), Vitamin D: 0.32µg (2.12%), Zinc: 0.29mg (1.97%), Vitamin B1: 0.03mg (1.91%), Folate: 6.1µg (1.52%)