



Apricot Compote

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

SAUCE

Ingredients

- 1 pound apricots firm pitted ripe halved
- 2 tablespoons juice of lime fresh
- 2 tablespoons sugar
- 8 servings greek yogurt greek-style

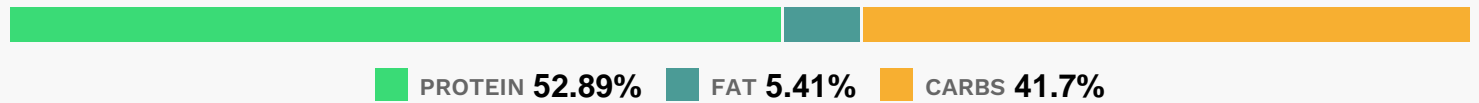
Equipment

- bowl
- frying pan

Directions

- Combine apricots, lime juice, and sugar in a large skillet. Cook over medium heat, turning occasionally, until apricots are glazed and syrupy, 7–8 minutes.
- Transfer to a small bowl and chill. DO AHEAD: Can be made 1 day ahead. Cover and keep chilled.
- Serve with yogurt or ice cream and garnish with tarragon leaves, if desired.
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:4.24, Inflammation Score:-7, Nutrition Score:10.572608605675%

Flavonoids

Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 161.7kcal (8.09%), Fat: 0.97g (1.5%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 15.73g (5.72%), Sugar: 14.84g (16.48%), Cholesterol: 10mg (3.33%), Sodium: 72.67mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.82%), Vitamin B2: 0.59mg (34.46%), Phosphorus: 285.57mg (28.56%), Selenium: 19.88µg (28.4%), Vitamin B12: 1.4µg (23.33%), Calcium: 229.93mg (22.99%), Vitamin A: 1101.9IU (22.04%), Potassium: 433.3mg (12.38%), Vitamin C: 6.79mg (8.24%), Vitamin B5: 0.8mg (8.03%), Vitamin B6: 0.16mg (8%), Zinc: 1.18mg (7.84%), Magnesium: 27.97mg (6.99%), Folate: 19.48µg (4.87%), Fiber: 1.15g (4.6%), Vitamin B1: 0.06mg (4.13%), Copper: 0.08mg (3.97%), Vitamin B3: 0.77mg (3.84%), Vitamin E: 0.53mg (3.55%), Manganese: 0.06mg (3.12%), Iron: 0.37mg (2.03%), Vitamin K: 1.89µg (1.8%)