



Autumn Fruit Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



12

CALORIES



95 kcal

SAUCE

Ingredients

- 2 bartlett pears peeled sliced
- 0.5 teaspoon peppercorns black crushed
- 0.3 cup firmly brown sugar packed
- 0.5 cup cranberries fresh
- 0.5 cup apricots dried
- 0.5 cup golden raisins
- 2 granny smith apples peeled sliced
- 1 cup orange juice

Equipment

- sauce pan
- cheesecloth

Directions

- Place rosemary and crushed peppercorns in a small square of cheesecloth; tie to secure.
- Place cheesecloth bag, orange juice, and next 6 ingredients in a large saucepan; bring to a boil over medium-high heat. Reduce heat to medium-low; cover and simmer 8 minutes or until apple and pear are almost tender.
- Remove from heat, and let cool to room temperature.
- Remove and discard cheesecloth.
- Make-Ahead Note: Compote can be prepared at least 2 days in advance and stored in refrigerator. Bring to room temperature before serving.

Nutrition Facts

 **PROTEIN 3.04%** **FAT 1.84%** **CARBS 95.12%**

Properties

Glycemic Index:24.34, Glycemic Load:7.42, Inflammation Score:-3, Nutrition Score:3.3034782370795%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg 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, Peonidin: 2.05mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg, Epicatechin: 2.47mg 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: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

2.03mg

Nutrients (% of daily need)

Calories: 94.86kcal (4.74%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 21.57g (7.85%), Sugar: 18.86g (20.95%), Cholesterol: 0mg (0%), Sodium: 3.48mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 13.86mg (16.81%), Fiber: 2.52g (10.09%), Potassium: 223.52mg (6.39%), Vitamin A: 264.74IU (5.29%), Manganese: 0.1mg (4.86%), Copper: 0.09mg (4.39%), Vitamin B6: 0.06mg (3.02%), Vitamin E: 0.4mg (2.65%), Magnesium: 10.39mg (2.6%), Vitamin K: 2.7µg (2.57%), Iron: 0.45mg (2.48%), Folate: 9.73µg (2.43%), Vitamin B2: 0.04mg (2.27%), Phosphorus: 21.84mg (2.18%), Vitamin B1: 0.03mg (1.95%), Vitamin B3: 0.38mg (1.9%), Calcium: 17.89mg (1.79%), Vitamin B5: 0.13mg (1.28%)