



Baked Compote of Winter Fruit



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SAUCE

Ingredients

- ☐ 2 cups anjou pears firm cored cut into 1/4-inch-thick wedges (3/4 pound)
- ☐ 0.5 cup apple cider
- ☐ 0.5 cup apple sauce
- ☐ 1.5 cups cranberries fresh
- ☐ 1.3 pounds golden delicious apple peeled sliced
- ☐ 1 strip lemon rind (1-inch)
- ☐ 3 cups whipped cream low-fat
- ☐ 0.5 cup ruby port sweet

☐ 0.3 cup sugar

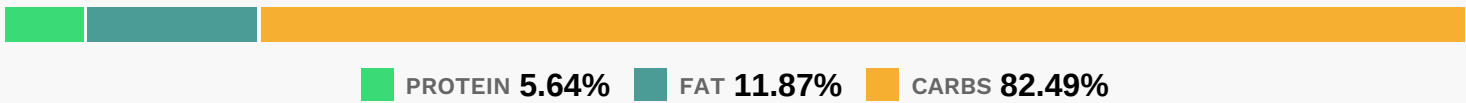
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 40
- ☐ Spoon applesauce onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula.
- ☐ Combine cranberries, wine, cider, sugar, and rind in a small saucepan; bring to a simmer over medium heat, stirring occasionally.
- ☐ Remove from heat; stir in applesauce.
- ☐ Combine the apple and pears in an 11- x 7-inch baking dish coated with cooking spray.
- ☐ Pour the cranberry mixture over the apple mixture. Cover and bake at 400 for 25 minutes. Uncover and bake an additional 10 minutes or until fruit is tender, basting occasionally with liquid from dish.
- ☐ Remove rind.
- ☐ Serve compote with ice cream.

Nutrition Facts



Properties

Glycemic Index:47.1, Glycemic Load:24.17, Inflammation Score:-5, Nutrition Score:6.9960869343384%

Flavonoids

Cyanidin: 12.76mg, Cyanidin: 12.76mg, Cyanidin: 12.76mg, Cyanidin: 12.76mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 2.32mg, Delphinidin: 2.32mg, Delphinidin: 2.32mg, Delphinidin: 2.32mg Malvidin: 2.88mg, Malvidin: 2.88mg, Malvidin: 2.88mg, Malvidin: 2.88mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.54mg, Peonidin: 12.54mg, Peonidin: 12.54mg, Peonidin: 12.54mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 11.1mg, Epicatechin: 11.1mg, Epicatechin: 11.1mg, Epicatechin: 11.1mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 310.28kcal (15.51%), Fat: 4g (6.16%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 62.59g (20.86%), Net Carbohydrates: 57.23g (20.81%), Sugar: 47.61g (52.9%), Cholesterol: 20.52mg (6.84%), Sodium: 61.29mg (2.66%), Alcohol: 2.12g (100%), Alcohol %: 0.84% (100%), Protein: 4.28g (8.56%), Fiber: 5.36g (21.43%), Vitamin B2: 0.26mg (15.02%), Calcium: 139.4mg (13.94%), Potassium: 395.9mg (11.31%), Phosphorus: 103.95mg (10.4%), Manganese: 0.2mg (9.96%), Vitamin C: 7.53mg (9.13%), Vitamin A: 423.75IU (8.48%), Vitamin B6: 0.13mg (6.66%), Magnesium: 24.66mg (6.17%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.56mg (5.61%), Vitamin K: 5.8µg (5.52%), Copper: 0.11mg (5.52%), Vitamin B1: 0.08mg (5.16%), Zinc: 0.71mg (4.72%), Vitamin E: 0.69mg (4.61%), Iron: 0.59mg (3.29%), Folate: 12.26µg (3.06%), Selenium: 1.79µg (2.55%), Vitamin B3: 0.38mg (1.91%)