



## Baked Quince Compote

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

SAUCE

### Ingredients

- 0.5 cup firmly brown sugar dark packed
- 2 sticks cinnamon (3-inch)
- 2 tablespoons juice of lemon
- 0.3 cup butter
- 0.5 cup orange juice
- 4 medium quinces cored unpeeled sliced

### Equipment

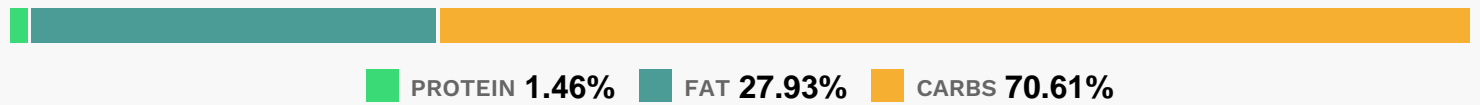
- oven

baking pan

## Directions

- Place quinces in an 8-inch square baking dish.
- Combine brown sugar and next 5 ingredients; pour over quince.
- Bake, covered, at 375, stirring every 15 minutes, for 45 minutes or until tender.
- Remove cinnamon sticks and cloves.
- Serve compote warm.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:12.27, Inflammation Score:-6, Nutrition Score:9.1930434204962%

## Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 355.25kcal (17.76%), Fat: 11.75g (18.07%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 66.83g (22.28%), Net Carbohydrates: 61.53g (22.37%), Sugar: 29.51g (32.78%), Cholesterol: 0mg (0%), Sodium: 151.09mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 52.4mg (63.51%), Fiber: 5.31g (21.23%), Manganese: 0.33mg (16.42%), Copper: 0.33mg (16.37%), Potassium: 565.02mg (16.14%), Vitamin A: 665.5IU (13.31%), Iron: 1.99mg (11.06%), Calcium: 73.34mg (7.33%), Magnesium: 25.89mg (6.47%), Vitamin B6: 0.12mg (6.08%), Vitamin B1: 0.08mg (5.11%), Phosphorus: 49.77mg (4.98%), Vitamin B2: 0.08mg (4.95%), Folate: 18.1µg (4.53%), Vitamin E: 0.5mg (3.36%), Vitamin B3: 0.64mg (3.2%), Vitamin B5: 0.31mg (3.06%), Selenium: 1.78µg (2.54%)