



## Berry Compote

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



185 kcal

SAUCE

### Ingredients

- 0.3 cup minute tapioca
- 4 cups poached berries mixed divided sliced (blackberries, blueberries, raspberries and strawberries)
- 0.8 cup sugar
- 1 cup water
- 0.5 cup cool whip whipped topping thawed

### Equipment

- bowl
- sauce pan

- plastic wrap
- potato masher

## Directions

- Crush 2 cups of the berries in medium saucepan with fork or potato masher.
- Add remaining 2 cups whole berries, the sugar and tapioca; mix well. Stir in water.
- Let stand 5 min.
- Bring to full boil on medium heat, stirring constantly.
- Pour into serving bowl. Cool slightly; cover with plastic wrap.
- Refrigerate 3 hours or until thickened. Spoon evenly into 6 dessert dishes.
- Serve topped with the whipped topping.

## Nutrition Facts

**PROTEIN 1.28%** **FAT 7.21%** **CARBS 91.51%**

## Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-2, Nutrition Score:2.9521738996972%

## Flavonoids

Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg Petunidin: 18.77mg, Petunidin: 18.77mg, Petunidin: 18.77mg, Petunidin: 18.77mg Delphinidin: 22.31mg, Delphinidin: 22.31mg, Delphinidin: 22.31mg, Delphinidin: 22.31mg Malvidin: 51.31mg, Malvidin: 51.31mg, Malvidin: 51.31mg, Malvidin: 51.31mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

## Nutrients (% of daily need)

Calories: 185.17kcal (9.26%), Fat: 1.56g (2.4%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 41.75g (15.18%), Sugar: 35.16g (39.06%), Cholesterol: 0.13mg (0.04%), Sodium: 7.75mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 17.15µg (16.33%), Fiber: 2.79g (11.16%), Manganese: 0.15mg (7.65%), Vitamin E: 0.53mg (3.52%), Vitamin C: 2.58mg (3.13%), Vitamin B6: 0.06mg (3.11%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.54mg (2.72%), Vitamin B1: 0.03mg (2.29%), Copper: 0.04mg (2.14%), Folate: 7.42µg (1.86%), Potassium: 62.61mg (1.79%), Phosphorus: 15.99mg (1.6%), Magnesium: 6mg (1.5%), Calcium:

14.14mg (1.41%), Vitamin B5: 0.13mg (1.29%), Iron: 0.2mg (1.14%), Vitamin A: 52.16IU (1.04%)