



Berry Compote with Crispy Won Ton Strips and Vanilla Ice Cream

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



474 kcal

SAUCE

Ingredients

- ☐ 1 cup blackberries halved lengthwise
- ☐ 1 tablespoon rum
- ☐ 0.5 cup wine dry white
- ☐ 1 cup raspberries
- ☐ 1 cup strawberries quartered
- ☐ 0.3 cup sugar
- ☐ 1 pint whipped cream

- ☐ 1 cups vegetable oil for frying
- ☐ 8 4-inch wonton wrappers frozen thawed cut into 1/-wide strips

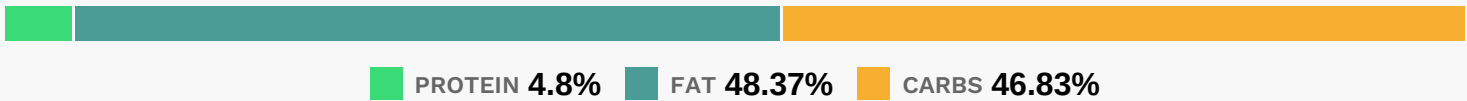
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Combine berries in a large bowl.
- ☐ Heat wine, crème de cassis, and sugar in a small heavy saucepan, stirring, until sugar is dissolved, then pour over berries. Toss gently and let stand 10 minutes.
- ☐ Heat 1/2 inch oil in a heavy skillet over moderate heat until a won ton strip sizzles when added. Fry strips in 2 or 3 batches, stirring gently with a slotted spoon, until golden, about 30 seconds.
- ☐ Drain on paper towels.
- ☐ Top compote with ice cream, then won ton strips.

Nutrition Facts



Properties

Glycemic Index:59.27, Glycemic Load:26.99, Inflammation Score:-7, Nutrition Score:12.796086834825%

Flavonoids

Cyanidin: 50.32mg, Cyanidin: 50.32mg, Cyanidin: 50.32mg, Cyanidin: 50.32mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 9.4mg, Pelargonidin: 9.4mg, Pelargonidin: 9.4mg, Pelargonidin: 9.4mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 15.09mg, Catechin: 15.09mg, Catechin: 15.09mg, Catechin: 15.09mg

Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg
Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epicatechin 3–gallate:
0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg
Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg,
Epigallocatechin 3–gallate: 0.45mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin:
0.12mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.3mg,
Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin:
0.26mg, Myricetin: 0.26mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 473.92kcal (23.7%), Fat: 24.47g (37.65%), Saturated Fat: 9.72g (60.75%), Carbohydrates: 53.31g (17.77%),
Net Carbohydrates: 47.87g (17.41%), Sugar: 43.89g (48.77%), Cholesterol: 52.23mg (17.41%), Sodium: 109.02mg
(4.74%), Alcohol: 4.07g (100%), Alcohol %: 1.59% (100%), Protein: 5.46g (10.93%), Vitamin C: 37.3mg (45.21%),
Manganese: 0.63mg (31.55%), Vitamin K: 30.78µg (29.31%), Fiber: 5.44g (21.77%), Vitamin B2: 0.33mg (19.26%),
Calcium: 178.92mg (17.89%), Phosphorus: 156.71mg (15.67%), Vitamin E: 2.03mg (13.55%), Potassium: 418.42mg
(11.95%), Vitamin A: 589.56IU (11.79%), Magnesium: 38.55mg (9.64%), Vitamin B5: 0.94mg (9.44%), Zinc: 1.24mg
(8.24%), Folate: 31.87µg (7.97%), Vitamin B12: 0.46µg (7.7%), Copper: 0.14mg (6.87%), Vitamin B6: 0.12mg (5.83%),
Vitamin B1: 0.09mg (5.73%), Iron: 0.84mg (4.68%), Selenium: 3.16µg (4.51%), Vitamin B3: 0.83mg (4.17%), Vitamin D:
0.24µg (1.58%)