



Candied-Orange and Cranberry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



8

CALORIES



88 kcal

SAUCE

Ingredients

- ☐ 0.3 cup cranberries fresh thawed thinly sliced (not)
- ☐ 1 tablespoon grand marnier orange-flavored
- ☐ 1 large navel oranges paper thin sliced quartered (including peel)
- ☐ 0.8 cup sugar
- ☐ 0.8 cup water

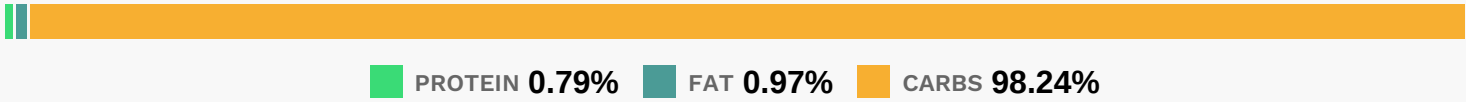
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water and sugar to a boil in a 2-quart heavy saucepan over moderate heat, stirring until sugar is dissolved.
- ☐ Add orange and gently simmer over moderately low heat, uncovered, stirring occasionally, until peel begins to turn translucent and syrup is reduced to about 2/3 cup, 25 to 35 minutes.
- ☐ Transfer to a heatproof bowl and cool. Stir in cranberries and Grand Marnier and chill, covered, until cold, about 1 hour.
- ☐ Compote can be chilled up to 4 days.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:13.21, Inflammation Score:-1, Nutrition Score:1.1452173759108%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 87.97kcal (4.4%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 21.35g (7.76%), Sugar: 20.94g (23.26%), Cholesterol: 0mg (0%), Sodium: 1.68mg (0.07%), Alcohol: 0.49g (100%), Alcohol %: 0.97% (100%), Protein: 0.18g (0.35%), Vitamin C: 10.78mg (13.07%), Fiber: 0.5g (1.99%), Folate: 5.98µg (1.5%)