



Chai-Poached Apricots and Plums

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients

- 1.3 cups apricots dried
- 2 chai spiced tea bags
- 1.3 cups plums dried
- 0.8 cup sugar
- 0.5 vanilla pod

Equipment

- bowl
- frying pan

sauce pan

knife

Directions

Combine sugar and 3 cups water in a 3- to 4-quart saucepan. Halve vanilla bean lengthwise with a paring knife and scrape seeds into pan, then add pod. Bring mixture to a boil, stirring occasionally until sugar is dissolved.

Add plums and simmer, uncovered, 3 minutes.

Add apricots and tea bags and return to a simmer. Cook fruit, gently stirring once or twice, 5 minutes, then remove from heat.

Allow tea bags to steep with fruit in syrup 15 minutes (fruit will continue to soften as it steeps), then remove bags, gently squeezing liquid from them into syrup.

Transfer compote to a bowl or jar and cool, gently stirring occasionally.

*Available at nutsonline.com.

**Available at apricot-farm.com.

Compote keeps, covered and chilled, 2 weeks.

Nutrition Facts



PROTEIN 2.04% **FAT 2.41%** **CARBS 95.55%**

Properties

Glycemic Index:37.61, Glycemic Load:30.01, Inflammation Score:-6, Nutrition Score:3.5847826004028%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 3.27mg, Catechin: 3.27mg, Catechin: 3.27mg, Catechin: 3.27mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 192.81kcal (9.64%), Fat: 0.55g (0.84%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 47.07g (17.12%), Sugar: 47.02g (52.24%), Cholesterol: 0mg (0%), Sodium: 0.86mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin A: 1110.8IU (22.22%), Vitamin C: 9.74mg (11.81%), Fiber: 1.69g (6.76%), Potassium: 207.16mg (5.92%), Vitamin K: 4.9µg (4.67%), Vitamin E: 0.57mg (3.77%), Copper: 0.07mg (3.49%), Manganese: 0.07mg (3.28%), Vitamin B3: 0.51mg (2.53%), Vitamin B2: 0.04mg (2.35%), Magnesium: 8.45mg (2.11%), Vitamin B6: 0.04mg (2.06%), Phosphorus: 19.39mg (1.94%), Vitamin B1: 0.03mg (1.93%), Vitamin B5: 0.19mg (1.86%), Folate: 6.94µg (1.73%), Iron: 0.3mg (1.64%), Zinc: 0.15mg (1.01%)