



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

Equipment

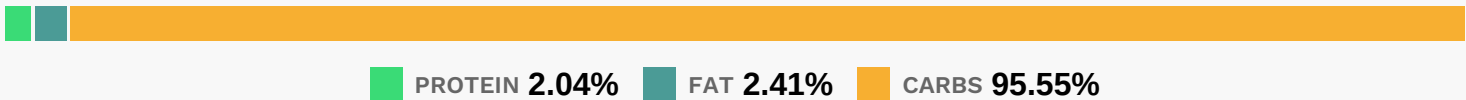
- ☐ bowl
- ☐ frying pan

- ☐ 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



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%)