

# Cherry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



254 kcal

SAUCE

## Ingredients

- 0.8 teaspoon pepper black
- 9 oz cherries dried sour
- 1 stick cinnamon (2- to 3-inch)
- 2 teaspoons cornstarch
- 0.8 cup wine dry red
- 0.7 cup port wine
- 2 teaspoons red-wine vinegar
- 6 tablespoons sugar

# Equipment

- sauce pan

# Directions

- Bring cherries, Port, wine, sugar, cinnamon stick, pepper, and a pinch of salt to a boil in a 1-quart heavy saucepan over moderate heat. Stir together cornstarch and vinegar until smooth, then stir into boiling liquid. Boil 1 minute.
- Remove from heat and cover, then let stand 15 minutes.
- Serve warm.
- Compote can be made 2 days ahead and cooled completely, uncovered, then chilled, covered. Bring to room temperature before using.

# Nutrition Facts

 **PROTEIN 6.03%**  **FAT 0.23%**  **CARBS 93.74%**

# Properties

Glycemic Index:17.85, Glycemic Load:8.42, Inflammation Score:-8, Nutrition Score:3.097391312375%

# Flavonoids

Petunidin: 2.76mg, Petunidin: 2.76mg, Petunidin: 2.76mg, Petunidin: 2.76mg Delphinidin: 2.29mg, Delphinidin: 2.29mg, Delphinidin: 2.29mg, Delphinidin: 2.29mg Malvidin: 33.16mg, Malvidin: 33.16mg, Malvidin: 33.16mg, Malvidin: 33.16mg Peonidin: 1.6mg, Peonidin: 1.6mg, Peonidin: 1.6mg, Peonidin: 1.6mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

# Nutrients (% of daily need)

Calories: 253.92kcal (12.7%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 44.26g (16.1%), Sugar: 36.08g (40.09%), Cholesterol: 0mg (0%), Sodium: 9.63mg (0.42%), Alcohol: 7.23g (100%), Alcohol %: 8.01% (100%), Protein: 3.13g (6.26%), Vitamin A: 1512.7IU (30.25%), Fiber: 4.38g (17.52%), Manganese: 0.17mg (8.36%), Calcium: 47.59mg (4.76%), Iron: 0.84mg (4.68%)