



Cherry Compote Over Goat Cheese



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



165 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon thyme leaves fresh minced
- ☐ 4 ounces goat cheese
- ☐ 2 tablespoons brown sugar light
- ☐ 3 cups cherries sweet pitted

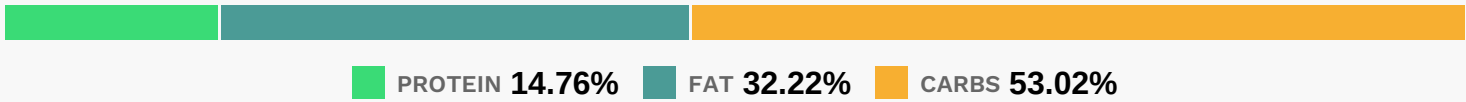
Equipment

- ☐ frying pan

Directions

- ☐ Cook cherries and sugar over medium-high heat in a skillet, stirring occasionally, about 4 minutes.
- ☐ Sprinkle in vinegar and thyme; cook 1 minute. Slice goat cheese into 4 rounds; top with warm compote, or refrigerate compote, covered, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:3.38, Inflammation Score:-5, Nutrition Score:4.7978261164997%

Flavonoids

Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 165.17kcal (8.26%), Fat: 6.19g (9.52%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 20.71g (7.53%), Sugar: 19.69g (21.88%), Cholesterol: 13.04mg (4.35%), Sodium: 106.59mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.75%), Copper: 0.27mg (13.69%), Phosphorus: 95.16mg (9.52%), Vitamin C: 7.45mg (9.02%), Fiber: 2.19g (8.76%), Vitamin B2: 0.14mg (8.38%), Vitamin A: 365.03IU (7.3%), Potassium: 248.68mg (7.11%), Vitamin B6: 0.12mg (6.22%), Calcium: 59.31mg (5.93%), Iron: 0.99mg (5.52%), Manganese: 0.11mg (5.5%), Magnesium: 16.96mg (4.24%), Vitamin B5: 0.41mg (4.07%), Vitamin B1: 0.05mg (3.19%), Vitamin K: 2.68µg (2.56%), Zinc: 0.34mg (2.26%), Folate: 7.66µg (1.91%), Vitamin B3: 0.29mg (1.45%), Selenium: 0.87µg (1.24%)