



Chipotle-Cranberry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



94 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon chipotle chile canned
- ☐ 24 ounce cranberries fresh
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 cup orange juice fresh
- ☐ 1.5 teaspoons orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar

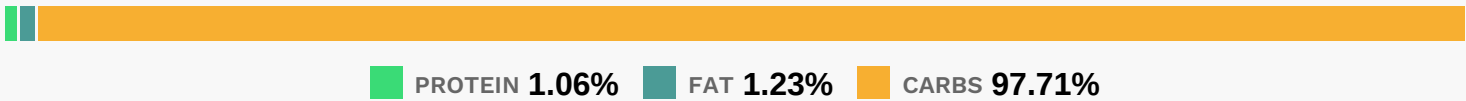
Equipment

☐ sauce pan

Directions

☐ Combine first 3 ingredients in a large saucepan; bring to a boil. Cook 7 minutes or until cranberries begin to pop, stirring occasionally. Stir in chipotle and remaining ingredients. Reduce heat, and cook for 20 minutes or until mixture is thick, stirring occasionally. Chill.

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:14.54, Inflammation Score:-2, Nutrition Score:2.0860869508723%

Flavonoids

Cyanidin: 22.56mg, Cyanidin: 22.56mg, Cyanidin: 22.56mg, Cyanidin: 22.56mg Delphinidin: 3.73mg, Delphinidin: 3.73mg, Delphinidin: 3.73mg, Delphinidin: 3.73mg Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 23.89mg, Peonidin: 23.89mg, Peonidin: 23.89mg, Peonidin: 23.89mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.22mg, Myricetin: 3.22mg, Myricetin: 3.22mg, Myricetin: 3.22mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 94.3kcal (4.72%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 22.45g (8.16%), Sugar: 20.34g (22.6%), Cholesterol: 0mg (0%), Sodium: 42.76mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin C: 9.32mg (11.3%), Manganese: 0.19mg (9.48%), Fiber: 1.94g (7.76%), Vitamin E: 0.65mg (4.3%), Vitamin K: 2.46µg (2.34%), Copper: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.53%), Vitamin B6: 0.03mg (1.5%), Potassium: 49.32mg (1.41%)