



Christmas Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



252 min.

SERVINGS



12

CALORIES



163 kcal

SAUCE

Ingredients

- 0.3 cup cranberry-apple juice drink
- 1 cup cranberries fresh
- 0.3 cup orange marmalade
- 0.3 cup port
- 6 large golden delicious apples cored peeled sliced
- 1 cup sugar
- 2 tablespoons cointreau

Equipment

slow cooker

Directions

Combine all ingredients in a 5-quart slow cooker. Cover and cook on LOW 4 hours or until apples are tender. Cool.

Serve warm or chilled.

Nutrition Facts

PROTEIN 0.91% **FAT 1.2%** **CARBS 97.89%**

Properties

Glycemic Index:9.81, Glycemic Load:4.62, Inflammation Score:-2, Nutrition Score:2.2834782648994%

Flavonoids

Cyanidin: 5.62mg, Cyanidin: 5.62mg, Cyanidin: 5.62mg, Cyanidin: 5.62mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg Malvidin: 4.78mg, Malvidin: 4.78mg, Malvidin: 4.78mg, Malvidin: 4.78mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.32mg, Peonidin: 4.32mg, Peonidin: 4.32mg, Peonidin: 4.32mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 9.38mg, Epicatechin: 9.38mg, Epicatechin: 9.38mg, Epicatechin: 9.38mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 162.79kcal (8.14%), Fat: 0.21g (0.33%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 36.48g (13.27%), Sugar: 34.17g (37.97%), Cholesterol: 0mg (0%), Sodium: 6.37mg (0.28%), Alcohol: 1.41g (100%), Alcohol %: 1.15% (100%), Protein: 0.37g (0.73%), Fiber: 3.03g (12.13%), Vitamin C: 6.66mg (8.08%), Manganese: 0.09mg (4.41%), Potassium: 143.84mg (4.11%), Vitamin K: 2.87µg (2.73%), Vitamin B6: 0.05mg (2.63%), Copper: 0.05mg (2.31%), Vitamin E: 0.32mg (2.1%), Vitamin B2: 0.03mg (2.02%), Magnesium: 7.32mg (1.83%), Vitamin B1: 0.02mg (1.49%), Phosphorus: 14.58mg (1.46%), Vitamin A: 69.39IU (1.39%), Iron: 0.24mg (1.36%), Calcium: 12.73mg (1.27%), Folate: 4.03µg (1.01%)