

Citrus Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

308 kcal

SAUCE

Ingredients

- ☐ 2 blood oranges
- ☐ 2 cups hendrick's gin
- ☐ 1 pink grapefruit
- ☐ 6 servings lime rind strips
- ☐ 2 navel oranges
- ☐ 0.5 cup sugar
- ☐ 2 tangerines
- ☐ 1 grapefruit white

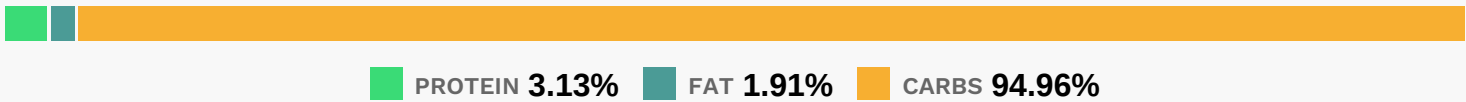
Equipment

- ☐ sauce pan

Directions

- ☐ Peel, section, and seed oranges, tangerines, and grapefruit.
- ☐ Cut the rind of 1 orange into thin strips. Set fruit aside.
- ☐ Bring orange rind strips, sugar, and gin to a boil in a saucepan. Reduce heat; simmer, stirring constantly, 15 minutes or until thickened.
- ☐ Twist lime rind strips into 6 individual compotes; layer fruit sections in compotes.
- ☐ Pour warm syrup over fruit.

Nutrition Facts



Properties

Glycemic Index:41.93, Glycemic Load:14.22, Inflammation Score:-7, Nutrition Score:6.0013043923384%

Flavonoids

Hesperetin: 14.3mg, Hesperetin: 14.3mg, Hesperetin: 14.3mg, Hesperetin: 14.3mg Naringenin: 20.93mg, Naringenin: 20.93mg, Naringenin: 20.93mg, Naringenin: 20.93mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 307.71kcal (15.39%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 29.18g (10.61%), Sugar: 27.08g (30.09%), Cholesterol: 0mg (0%), Sodium: 2.04mg (0.09%), Alcohol: 26.72g (100%), Alcohol %: 15.34% (100%), Protein: 1.04g (2.08%), Vitamin C: 51.37mg (62.27%), Vitamin A: 817.86IU (16.36%), Fiber: 2.37g (9.49%), Folate: 27.51µg (6.88%), Potassium: 194.78mg (5.57%), Vitamin B1: 0.08mg (5.07%), Vitamin B6: 0.09mg (4.31%), Calcium: 42.57mg (4.26%), Vitamin B2: 0.06mg (3.29%), Magnesium: 13mg (3.25%), Copper: 0.06mg (3.24%), Vitamin B5: 0.31mg (3.1%), Phosphorus: 28.3mg (2.83%), Manganese: 0.05mg (2.53%), Vitamin B3: 0.42mg (2.1%), Vitamin E: 0.19mg (1.3%), Iron: 0.19mg (1.05%)