



Citrus Compote With Caramel Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

SAUCE

Ingredients

- ☐ 1 sticks garnishes: cinnamon orange rind curls
- ☐ 0.3 cup plus light
- ☐ 4 pink grapefruit peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 5 large navel oranges peeled
- ☐ 0.8 cup sugar
- ☐ 0.8 cup water cold divided

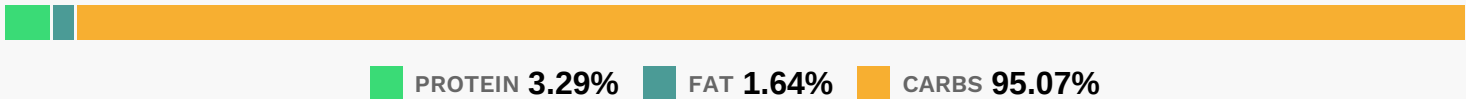
Equipment

☐ sauce pan

Directions

- ☐ Cook sugar, 1/4 cup cold water, and corn syrup in a small heavy saucepan over medium heat, stirring constantly, 30 minutes or until mixture is caramel colored.
- ☐ Remove from heat.
- ☐ Add remaining 1/2 cup water. (Sugar mixture will clump but will dissolve when heated.) Bring to a boil. Boil, stirring constantly, 5 minutes or until smooth. Stir in ground cinnamon and cloves.
- ☐ Pour over orange and grapefruit sections.
- ☐ Garnish with orange curls and cinnamon, if desired, and serve warm.
- ☐ *3 1/3 cups jarred orange sections, drained, and 5 cups jarred grapefruit sections, drained, may be substitutued for fresh fruit.
- ☐ NOTE: Caramel syrup can be made ahead of time and chilled. Reheat in a saucepan before serving.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:23.41, Inflammation Score:-9, Nutrition Score:11.866956537832%

Flavonoids

Hesperetin: 26.11mg, Hesperetin: 26.11mg, Hesperetin: 26.11mg, Hesperetin: 26.11mg Naringenin: 63.99mg, Naringenin: 63.99mg, Naringenin: 63.99mg, Naringenin: 63.99mg Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 265.79kcal (13.29%), Fat: 0.53g (0.81%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 68.84g (22.95%), Net Carbohydrates: 63.47g (23.08%), Sugar: 57.54g (63.93%), Cholesterol: 0mg (0%), Sodium: 11.83mg (0.51%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin C: 122.43mg (148.4%), Vitamin A: 2251.85IU (45.04%), Fiber: 5.37g (21.49%), Folate: 61.92µg (15.48%), Potassium: 425.85mg (12.17%), Vitamin B1: 0.16mg (10.76%), Calcium: 92.06mg (9.21%), Vitamin B6: 0.18mg (9.16%), Vitamin B5: 0.75mg (7.53%), Magnesium: 28.83mg (7.21%), Vitamin B2: 0.12mg (6.91%), Phosphorus: 57.69mg (5.77%), Manganese: 0.11mg (5.6%), Copper: 0.11mg (5.36%), Vitamin B3: 0.85mg (4.24%), Vitamin E: 0.4mg (2.69%), Zinc: 0.28mg (1.89%), Iron: 0.31mg (1.74%)