



Citrus-Cranberry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SAUCE

Ingredients

- ☐ 8 ounces cranberries fresh frozen thawed (or ,)
- ☐ 1 cup maple syrup pure
- ☐ 1 cranberry-orange relish
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ sauce pan

☐ knife

Directions

- ☐ Finely grate zest from orange and set aside. Using a sharp paring knife, cut off peel and white pith from orange. Working over a small bowl, cut between membranes to release segments into bowl.
- ☐ Combine zest, cranberries, syrup, juice, and vanilla in a medium saucepan. Cook over medium heat, stirring occasionally, until cranberries have burst and sauce has thickened, 5–10 minutes. Chill until cold.
- ☐ Gently stir orange segments into compote. DO AHEAD: Can be made 3 days ahead. Cover and chill. Return to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:16.05, Inflammation Score:-3, Nutrition Score:8.1669565814993%

Flavonoids

Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 7.18mg, Hesperetin: 7.18mg, Hesperetin: 7.18mg Naringenin: 3.57mg, Naringenin: 3.57mg, Naringenin: 3.57mg, Naringenin: 3.57mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 178.16kcal (8.91%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 42.48g (15.45%), Sugar: 36.72g (40.8%), Cholesterol: 0mg (0%), Sodium: 5.72mg (0.25%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 0.45g (0.9%), Manganese: 1.38mg (68.9%), Vitamin B2: 0.7mg

(41.25%), Vitamin C: 22.07mg (26.76%), Fiber: 1.91g (7.62%), Calcium: 71.43mg (7.14%), Potassium: 211.67mg (6.05%), Vitamin B1: 0.07mg (4.55%), Magnesium: 16.9mg (4.22%), Vitamin E: 0.54mg (3.62%), Zinc: 0.43mg (2.87%), Folate: 10.03µg (2.51%), Vitamin B6: 0.04mg (1.94%), Vitamin B5: 0.19mg (1.86%), Vitamin A: 92.47IU (1.85%), Vitamin K: 1.9µg (1.81%), Copper: 0.04mg (1.79%), Iron: 0.19mg (1.05%)