



Compota de Frutas (Winter Fruit Compote)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 apples peeled cut into 12 wedges
- 0.5 cup calvados (apple brandy)
- 6 apricots dried
- 6 figs dried
- 1 cup cooking wine dry white
- 0.5 cup golden raisins
- 1 teaspoon lemon rind grated
- 2 teaspoons orange rind grated

- 1 pears peeled cut into 12 wedges
- 6 prune- cut to pieces
- 0.3 cup sugar
- 1 cup water

Equipment

- bowl
- sauce pan
- microwave

Directions

- Combine the first 5 ingredients in a microwave-safe bowl. Microwave at high 1 minute. Set aside.
- Combine white wine, water, sugar, and rinds in a medium saucepan, stirring well; bring to a boil.
- Add dry fruit mixture; cover, reduce heat, and simmer 10 minutes, stirring occasionally.
- Add apple; cover and cook 5 minutes, stirring occasionally.
- Add pear; cover and cook 5 minutes, stirring occasionally.
- Remove from heat. Cover and let stand at room temperature 2 hours.

Nutrition Facts



PROTEIN 2.99% **FAT 1.6%** **CARBS 95.41%**

Properties

Glycemic Index:39.86, Glycemic Load:13.53, Inflammation Score:-4, Nutrition Score:3.773478259211%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 183.2kcal (9.16%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 30.04g (10.93%), Sugar: 25.37g (28.19%), Cholesterol: 0mg (0%), Sodium: 6.11mg (0.27%), Alcohol: 8.1g (100%), Alcohol %: 6.62% (100%), Protein: 1.04g (2.09%), Fiber: 3.24g (12.94%), Potassium: 306.24mg (8.75%), Manganese: 0.15mg (7.59%), Vitamin K: 7.5µg (7.14%), Copper: 0.13mg (6.32%), Vitamin A: 295.49IU (5.91%), Magnesium: 18.39mg (4.6%), Vitamin B6: 0.09mg (4.59%), Vitamin C: 3.47mg (4.21%), Iron: 0.68mg (3.76%), Phosphorus: 35.18mg (3.52%), Vitamin B2: 0.06mg (3.49%), Calcium: 29.21mg (2.92%), Vitamin B3: 0.53mg (2.67%), Vitamin E: 0.39mg (2.63%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.2mg (1.36%), Vitamin B1: 0.02mg (1.35%), Folate: 4.43µg (1.11%)