



Cranberry and Tart-Cherry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



533 kcal

SAUCE

Ingredients

- ☐ 1 cup cherries dried
- ☐ 1 cinnamon sticks
- ☐ 1 pinch coarse kosher salt
- ☐ 1.5 cups cranberries fresh
- ☐ 1.5 cups cranberry juice cocktail
- ☐ 3 ounces cranberries dried
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 lime

☐ 1 cup currant jelly (one 10-ounce jar)

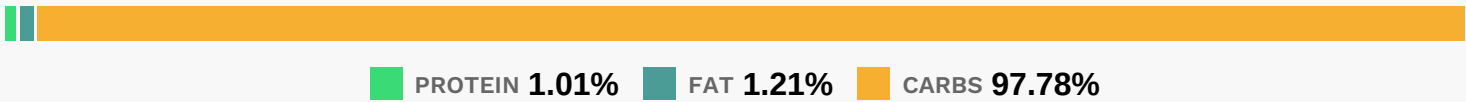
Equipment

☐ bowl

Directions

- ☐ Grate 1 1/2 teaspoons peel from lime; set aside.
- ☐ Cut off all peel and white pith from lime. Working over bowl, cut between membranes to release lime segments.
- ☐ Bring cranberry juice to boil in large saucepan.
- ☐ Add lime segments, fresh cranberries, and next 4 ingredients; bring to boil. Reduce heat to medium; simmer until mixture thickens, about 8 minutes.
- ☐ Add currant jelly. Simmer until jelly is melted, stirring occasionally, about 2 minutes.
- ☐ Remove from heat. Stir in lime peel and coarse salt.
- ☐ Transfer to small bowl. Cover; chill at least 4 hours. DO AHEAD: Can be made 1 week ahead. Keep chilled.
- ☐ Discard cinnamon stick before serving.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:56.38, Inflammation Score:-5, Nutrition Score:10.806521705959%

Flavonoids

Cyanidin: 37.75mg, Cyanidin: 37.75mg, Cyanidin: 37.75mg, Cyanidin: 37.75mg Delphinidin: 3.88mg, Delphinidin: 3.88mg, Delphinidin: 3.88mg, Delphinidin: 3.88mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 25.79mg, Peonidin: 25.79mg, Peonidin: 25.79mg, Peonidin: 25.79mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 5.74mg, Epicatechin: 5.74mg, Epicatechin: 5.74mg, Epicatechin: 5.74mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg

Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 4.31mg, Myricetin: 4.31mg, Myricetin: 4.31mg, Myricetin: 4.31mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 532.69kcal (26.63%), Fat: 0.75g (1.15%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 135.4g (45.13%), Net Carbohydrates: 128.61g (46.77%), Sugar: 99.03g (110.03%), Cholesterol: 0mg (0%), Sodium: 54.83mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin C: 80.37mg (97.42%), Manganese: 0.6mg (30.19%), Fiber: 6.8g (27.18%), Vitamin E: 1.78mg (11.85%), Copper: 0.22mg (10.94%), Potassium: 290.54mg (8.3%), Iron: 1.32mg (7.31%), Vitamin B2: 0.12mg (7.31%), Vitamin K: 7.38µg (7.03%), Calcium: 59.16mg (5.92%), Vitamin B6: 0.1mg (4.81%), Phosphorus: 45.18mg (4.52%), Vitamin B5: 0.44mg (4.42%), Magnesium: 17.26mg (4.31%), Folate: 16.72µg (4.18%), Selenium: 2.87µg (4.1%), Vitamin B1: 0.05mg (3.16%), Vitamin B3: 0.43mg (2.17%), Zinc: 0.26mg (1.73%), Vitamin A: 85.07IU (1.7%)