



Cranberry-Apple Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



91 kcal

SAUCE

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 4 cups cranberries fresh
- ☐ 1.3 cups apples i use 2 granny smith apples diced peeled
- ☐ 0.5 cup maple syrup
- ☐ 1 cup orange juice
- ☐ 1 teaspoon orange rind grated

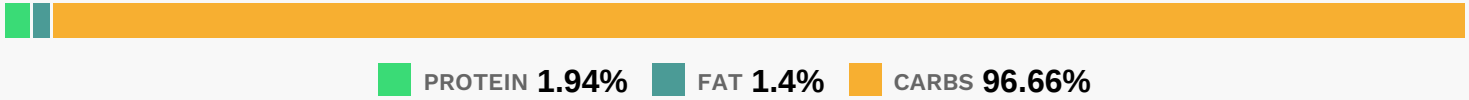
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine the first 3 ingredients in a large saucepan; bring to a boil, and cook 5 minutes or until reduced to 1/2 cup.
- ☐
- Add the cranberries and diced apple; cook over medium heat 10 minutes, stirring occasionally. Stir in syrup, and cook an additional 5 minutes. Discard the cinnamon stick.
- ☐
- Serve compote at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.94, Glycemic Load:8.18, Inflammation Score:-3, Nutrition Score:5.1013044089727%

Flavonoids

Cyanidin: 20.91mg, Cyanidin: 20.91mg, Cyanidin: 20.91mg, Cyanidin: 20.91mg Delphinidin: 3.41mg, Delphinidin: 3.41mg, Delphinidin: 3.41mg, Delphinidin: 3.41mg Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 21.85mg, Peonidin: 21.85mg, Peonidin: 21.85mg, Peonidin: 21.85mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 2.96mg, Myricetin: 2.96mg, Myricetin: 2.96mg, Myricetin: 2.96mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 91.35kcal (4.57%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 20.72g (7.53%), Sugar: 16.75g (18.61%), Cholesterol: 0mg (0%), Sodium: 2.99mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Manganese: 0.65mg (32.47%), Vitamin C: 21.12mg (25.59%), Vitamin B2: 0.25mg (14.66%), Fiber: 2.3g (9.21%), Potassium: 151.64mg (4.33%), Vitamin E: 0.64mg (4.26%), Calcium: 31.38mg (3.14%), Vitamin B1: 0.05mg (3.02%), Magnesium: 10.6mg (2.65%), Vitamin K: 2.75µg (2.62%), Folate: 9.32µg (2.33%), Vitamin B6: 0.04mg (2.22%), Copper: 0.04mg (2.16%), Vitamin B5: 0.2mg (1.97%), Vitamin A: 93.23IU (1.86%), Zinc: 0.19mg (1.29%), Iron: 0.23mg (1.29%), Phosphorus: 11.78mg (1.18%)