

Cranberry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



10

CALORIES



181 kcal

SAUCE

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 24 oz cranberries fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons orange liqueur
- ☐ 1 tablespoon orange rind grated
- ☐ 1.8 cups sugar

1 teaspoon vanilla extract

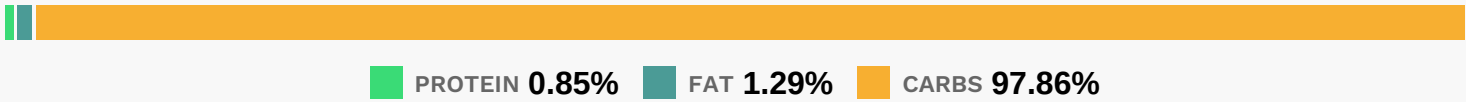
Equipment

sauce pan

Directions

- Stir together all ingredients in a heavy saucepan over medium-high heat; cook, stirring often, 5 to 7 minutes or until cranberry skins begin to split. Reduce to heat medium-low, and cook, stirring occasionally, 5 minutes or until thickened.
- Remove from heat, and let cool 15 minutes.
- Remove and discard cinnamon stick. Store mixture in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:27.36, Inflammation Score:-3, Nutrition Score:3.1299999848656%

Flavonoids

Cyanidin: 31.59mg, Cyanidin: 31.59mg, Cyanidin: 31.59mg, Cyanidin: 31.59mg Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg

Nutrients (% of daily need)

Calories: 181.3kcal (9.06%), Fat: 0.26g (0.41%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 42.45g (15.43%), Sugar: 39.42g (43.8%), Cholesterol: 0mg (0%), Sodium: 2.13mg (0.09%), Alcohol:

0.92g (100%), Alcohol %: 1.02% (100%), Protein: 0.39g (0.78%), Vitamin C: 13.72mg (16.63%), Manganese: 0.31mg (15.63%), Fiber: 2.75g (11.01%), Vitamin E: 0.91mg (6.07%), Vitamin K: 3.52µg (3.35%), Copper: 0.05mg (2.39%), Vitamin B5: 0.22mg (2.17%), Vitamin B6: 0.04mg (2.17%), Potassium: 72.47mg (2.07%), Vitamin B2: 0.02mg (1.4%), Magnesium: 5.46mg (1.36%), Iron: 0.23mg (1.26%), Calcium: 11.47mg (1.15%), Vitamin A: 56.98IU (1.14%), Vitamin B1: 0.02mg (1.01%)