

Cranberry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SAUCE

Ingredients

- ☐ 1 cup cranberries
- ☐ 2 teaspoons sage fresh minced
- ☐ 0.3 cup maple syrup
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons orange rind grated
- ☐ 0.5 cup shallots sliced

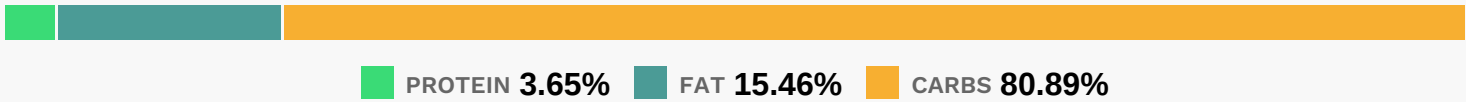
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add shallots, rind, and sage; saute 5 minutes.
- ☐ Add juice and syrup; cook 2 minutes.
- ☐ Add cranberries; cook 2 minutes or until slightly thickened.
- ☐ Remove from heat; let cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:8.75, Inflammation Score:-4, Nutrition Score:10.763913123504%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 123.12kcal (6.16%), Fat: 2.18g (3.35%), Saturated Fat: 0.32g (2%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 23.37g (8.5%), Sugar: 18.06g (20.06%), Cholesterol: 0mg (0%), Sodium: 6.35mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Copper: 3.09mg (154.39%), Manganese: 0.74mg (37.15%), Vitamin C: 25.45mg (30.84%), Vitamin B2: 0.28mg (16.45%), Fiber: 2.3g (9.19%), Potassium: 236.7mg (6.76%), Vitamin B6: 0.13mg (6.7%), Folate: 20.5µg (5.13%), Calcium: 49.69mg (4.97%), Vitamin B1: 0.07mg (4.57%), Magnesium: 17.71mg (4.43%), Vitamin E: 0.65mg (4.33%), Iron: 0.64mg (3.58%), Phosphorus: 26.76mg (2.68%),

Vitamin K: 2.72µg (2.59%), Vitamin B5: 0.23mg (2.33%), Zinc: 0.32mg (2.16%), Vitamin A: 90.78IU (1.82%), Vitamin B3: 0.25mg (1.26%)