



Cranberry Compote with Ginger and Molasses



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

SAUCE

Ingredients

- ☐ 4 cups cranberries fresh
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 0.3 cup blackstrap molasses light ()
- ☐ 1 tablespoon shallots finely chopped
- ☐ 1 cup sugar
- ☐ 1.5 cups water

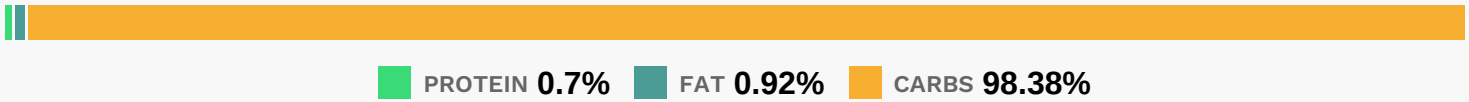
Equipment

- ☐ sauce pan

Directions

Combine cranberries, 1 1/2 cups water, sugar, ginger, and shallot in heavy large saucepan. Stir over medium heat until sugar dissolves. Cover and cook until berries burst, about 10 minutes. Stir in molasses. Season with salt. Cool. Cover and chill until cold, about 3 hours. (Can be made 1 week ahead. Keep refrigerated.)

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:22.88, Inflammation Score:-3, Nutrition Score:3.4726086492124%

Flavonoids

Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 151.39kcal (7.57%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 37.27g (13.55%), Sugar: 35.07g (38.96%), Cholesterol: 0mg (0%), Sodium: 7.63mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Manganese: 0.35mg (17.39%), Vitamin C: 7.14mg (8.66%), Fiber: 1.86g (7.43%), Magnesium: 29.57mg (7.39%), Potassium: 202.06mg (5.77%), Vitamin B6: 0.1mg (5.24%), Copper: 0.09mg (4.56%), Vitamin E: 0.66mg (4.42%), Iron: 0.64mg (3.58%), Selenium: 2.1µg (2.99%), Calcium: 27.77mg (2.78%), Vitamin K: 2.51µg (2.39%), Vitamin B5: 0.24mg (2.38%)