



Cranberry Currant Compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



5

CALORIES



233 kcal

SAUCE

Ingredients

- ☐ 12 ounce cranberries fresh (3 cups)
- ☐ 0.3 cup currant jelly
- ☐ 1 cup sugar
- ☐ 0.5 cup water

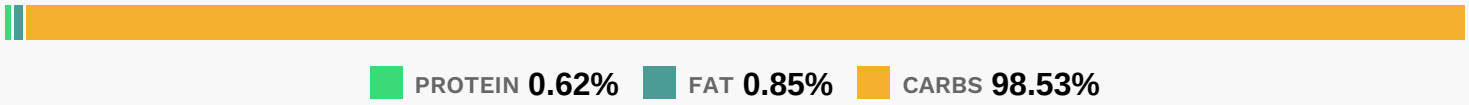
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together sugar and water in a medium saucepan. Bring to a simmer over medium heat, stirring until sugar dissolves. Stir in cranberries, and cook, stirring occasionally, until cranberries pop and are softened, about 6 to 8 minutes. Stir in currant jelly, and cook, stirring often, until jelly melts.
- ☐ Remove saucepan from heat, and place in an ice-water bath. Stir occasionally until mixture cools to room temperature.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:36.84, Inflammation Score:-2, Nutrition Score:2.8652173799017%

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 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: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg

Nutrients (% of daily need)

Calories: 232.56kcal (11.63%), Fat: 0.23g (0.35%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 57.08g (20.76%), Sugar: 51.07g (56.74%), Cholesterol: 0mg (0%), Sodium: 8.38mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin C: 11.02mg (13.36%), Manganese: 0.25mg (12.67%), Fiber: 2.64g (10.55%), Vitamin E: 0.92mg (6.12%), Vitamin K: 3.4µg (3.24%), Copper: 0.06mg (3.08%), Vitamin B6: 0.04mg (2.11%), Vitamin B5: 0.2mg (2.04%), Vitamin B2: 0.03mg (2.01%), Potassium: 68.32mg (1.95%), Iron: 0.26mg (1.44%), Magnesium: 5mg (1.25%), Phosphorus: 10.71mg (1.07%)