

Cranberry-Grape Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

SAUCE

Ingredients

- 12 ounces cranberries fresh thaw (no need to)
- 3 cups grapes red seedless
- 1 cup sugar
- 0.1 teaspoon salt

Equipment

- sauce pan

Directions

- In a large saucepan over medium-high, bring cranberries, grapes, sugar, and 1/2 cup water to a boil. Reduce heat, and simmer until most of the cranberries have popped and grapes are falling apart, 10 to 15 minutes.
- Remove from heat; add salt and stir to combine.
- Let cool to room temperature (compote will thicken as it cools).
- Serve at room temperature.

Nutrition Facts

PROTEIN 1.46% **FAT 1.23%** **CARBS 97.31%**

Properties

Glycemic Index:40.27, Glycemic Load:47.08, Inflammation Score:0, Nutrition Score:6.1773912466091%

Flavonoids

Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 309.76kcal (15.49%), Fat: 0.45g (0.7%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 80.5g (26.83%), Net Carbohydrates: 76.42g (27.79%), Sugar: 71.09g (78.98%), Cholesterol: 0mg (0%), Sodium: 77.14mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Vitamin K: 20.79µg (19.8%), Manganese: 0.39mg (19.44%), Vitamin C: 15.53mg (18.83%), Fiber: 4.08g (16.32%), Copper: 0.19mg (9.75%), Vitamin E: 1.34mg (8.92%), Potassium: 285.36mg (8.15%), Vitamin B6: 0.15mg (7.29%), Vitamin B2: 0.11mg (6.22%), Vitamin B1: 0.09mg (5.89%), Iron: 0.63mg (3.49%), Magnesium: 13.03mg (3.26%), Phosphorus: 32.01mg (3.2%), Vitamin B5: 0.31mg (3.08%), Vitamin A: 125.77IU (2.52%), Calcium: 18.67mg (1.87%), Vitamin B3: 0.3mg (1.49%), Zinc: 0.16mg (1.07%)