



Cranberry-Orange Compote with Port



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



111 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 6 cups cranberries fresh
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 cup honey
- ☐ 1 tablespoon orange rind grated
- ☐ 1 cup port sweet
- ☐ 1 cup sugar

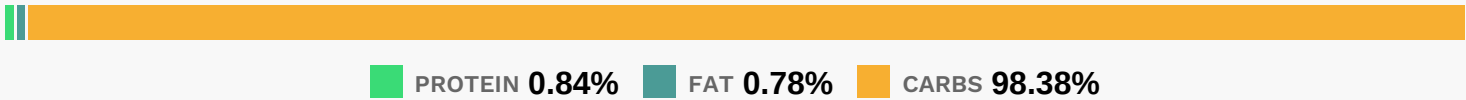
Equipment

☐ sauce pan

Directions

- ☐ Combine port and honey in a large saucepan; bring to a boil.
- ☐ Add cranberries; cook 6 minutes or until cranberries begin to pop, stirring occasionally. Stir in sugar and the remaining ingredients; cook 5 minutes or until sugar dissolves. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:14.76, Inflammation Score:-2, Nutrition Score:1.7469565188107%

Flavonoids

Cyanidin: 17.44mg, Cyanidin: 17.44mg, Cyanidin: 17.44mg, Cyanidin: 17.44mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg Malvidin: 2.24mg, Malvidin: 2.24mg, Malvidin: 2.24mg, Malvidin: 2.24mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.62mg, Peonidin: 18.62mg, Peonidin: 18.62mg, Peonidin: 18.62mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.55mg, Myricetin: 2.55mg, Myricetin: 2.55mg, Myricetin: 2.55mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 110.85kcal (5.54%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.03%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 24.77g (9.01%), Sugar: 22.87g (25.41%), Cholesterol: 0mg (0%), Sodium: 1.96mg (0.09%), Alcohol: 1.59g (100%), Alcohol %: 2.65% (100%), Protein: 0.22g (0.45%), Manganese: 0.18mg (9.03%), Vitamin C: 5.81mg (7.05%), Fiber: 1.44g (5.75%), Vitamin E: 0.5mg (3.32%), Vitamin K: 1.99µg (1.9%), Vitamin B6: 0.03mg (1.66%), Potassium: 56.11mg (1.6%), Copper: 0.03mg (1.4%), Vitamin B5: 0.12mg (1.25%), Iron: 0.22mg (1.19%), Vitamin B2:

0.02mg (1.12%), Magnesium: 4.43mg (1.11%)