

Cranberry, Quince, and Pearl Onion Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



189 kcal

SAUCE

Ingredients

- 2 cups apple juice
- 2 tablespoons apple cider vinegar
- 1 teaspoon coriander seeds
- 12 ounce cranberries fresh frozen thawed (not if)
- 2 quinces cored peeled cut into 1/2-inch cubes
- 0.5 pound pearl onions red (preferably ; 2 cups)
- 1 cup sugar

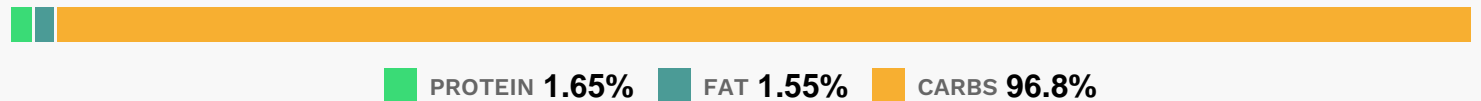
Equipment

- bowl
- sauce pan
- slotted spoon
- colander

Directions

- Trim root end of each onion and cut an X in it. Blanch in boiling water 1 minute, then drain in a colander. Cool slightly, then peel.
- Bring juice, sugar, vinegar, and spices to a boil in a 3-quart heavy saucepan, stirring until sugar has dissolved.
- Add onions and quinces and simmer, uncovered, stirring occasionally, until tender but not falling apart, about 30 minutes.
- Add cranberries and simmer until tender but not falling apart, 5 to 8 minutes. Discard cloves.
- Transfer fruit and onions to a bowl using a slotted spoon, then boil syrup, if necessary, until reduced to 1/2 cup.
- Pour syrup over compote and cool to room temperature.
- Compote can be made 3 days ahead and chilled. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:32.23, Glycemic Load:25.11, Inflammation Score:-4, Nutrition Score:4.2243478375932%

Flavonoids

Cyanidin: 19.76mg, Cyanidin: 19.76mg, Cyanidin: 19.76mg, Cyanidin: 19.76mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg

1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 12.43mg, Quercetin: 12.43mg, Quercetin: 12.43mg, Quercetin: 12.43mg

Nutrients (% of daily need)

Calories: 189.41kcal (9.47%), Fat: 0.35g (0.53%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 48.47g (16.16%), Net Carbohydrates: 45.16g (16.42%), Sugar: 33.95g (37.72%), Cholesterol: 0mg (0%), Sodium: 7.25mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin C: 17.14mg (20.77%), Fiber: 3.32g (13.26%), Manganese: 0.25mg (12.53%), Potassium: 255.74mg (7.31%), Copper: 0.12mg (6.01%), Vitamin B6: 0.09mg (4.6%), Vitamin E: 0.57mg (3.82%), Iron: 0.69mg (3.82%), Magnesium: 14.02mg (3.5%), Vitamin B2: 0.05mg (2.89%), Vitamin B1: 0.04mg (2.87%), Phosphorus: 28.17mg (2.82%), Vitamin B5: 0.24mg (2.36%), Calcium: 23.38mg (2.34%), Vitamin K: 2.24µg (2.13%), Folate: 7.51µg (1.88%), Vitamin B3: 0.24mg (1.2%), Selenium: 0.8µg (1.15%)