



Cranberry, Shallot, and Dried Cherry Compote



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

SAUCE

Ingredients

- ☐ 5 ounces cherries dried sour
- ☐ 2 cups cranberries fresh frozen thawed (8 ounces; not if)
- ☐ 1 cup wine dry white
- ☐ 0.5 pound pearl onions red unpeeled (1-inch-wide) (preferably)
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup water

☐ 0.5 cup citrus champagne vinegar

Equipment

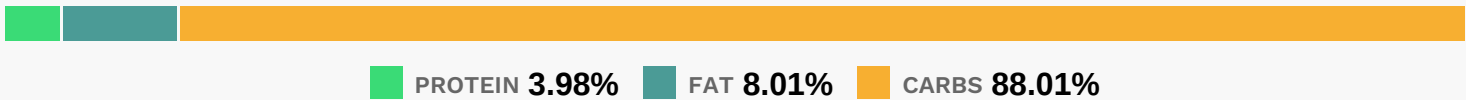
☐ bowl

☐ sauce pan

Directions

- ☐ Blanch shallots in a 3-quart saucepan of boiling water 1 minute, then drain. Peel shallots and separate into cloves if necessary.
- ☐ Cook shallots in butter in 3-quart saucepan over moderate heat, stirring, 1 minute.
- ☐ Add sugar and 1 tablespoon vinegar and cook, stirring frequently, until sugar mixture turns a golden caramel, 15 to 20 minutes. Carefully add remaining vinegar, wine, and salt and boil, stirring, 1 minute (use caution, as mixture will bubble up).
- ☐ Add cherries and simmer, uncovered, stirring occasionally, until shallots are tender and liquid is syrupy, about 45 minutes.
- ☐ Add cranberries and water and gently boil over moderate heat, uncovered, stirring occasionally, until cranberries have burst, about 10 minutes.
- ☐ Transfer compote to a bowl and cool completely.
- ☐ Compote keeps, chilled in an airtight container, 5 days. Bring to room temperature before serving

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:14.74, Inflammation Score:-6, Nutrition Score:3.0291304447405%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg

0.19mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg

Nutrients (% of daily need)

Calories: 191.36kcal (9.57%), Fat: 1.54g (2.37%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 35.02g (12.73%), Sugar: 30.44g (33.83%), Cholesterol: 3.76mg (1.25%), Sodium: 153.63mg (6.68%), Alcohol: 3.09g (100%), Alcohol %: 2.58% (100%), Protein: 1.72g (3.44%), Vitamin A: 688.3IU (13.77%), Fiber: 3.05g (12.2%), Manganese: 0.17mg (8.49%), Vitamin C: 5.67mg (6.88%), Vitamin B6: 0.06mg (3.17%), Iron: 0.56mg (3.13%), Calcium: 29.2mg (2.92%), Potassium: 89.34mg (2.55%), Vitamin E: 0.38mg (2.51%), Magnesium: 8.12mg (2.03%), Phosphorus: 17.99mg (1.8%), Copper: 0.03mg (1.59%), Vitamin K: 1.61µg (1.53%), Folate: 5.99µg (1.5%), Vitamin B2: 0.02mg (1.25%), Vitamin B5: 0.12mg (1.24%), Vitamin B1: 0.02mg (1.18%)