



Dark Cherry-Cranberry Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



27 kcal

SAUCE

Ingredients

- 16 ounce cherries dark sweet frozen pitted
- 1.5 cups cranberries fresh
- 3 tablespoons juice of lemon fresh
- 6 inch lemon rind
- 0.5 cup madeira wine sweet
- 0.7 cup sugar

Equipment

- sauce pan

Directions

Combine first 4 ingredients in a large saucepan over medium heat; cook 10 minutes or until fruit is soft, stirring occasionally. Stir in sugar and juice. Bring to a boil; reduce heat, and simmer until thick (about 25 minutes), stirring occasionally. Discard lemon rind. Cool. Cover and chill.

Nutrition Facts

PROTEIN 2.47% FAT 1.57% CARBS 95.96%

Properties

Glycemic Index:4.22, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:0.55739130063549%

Flavonoids

Cyanidin: 5.74mg, Cyanidin: 5.74mg, Cyanidin: 5.74mg, Cyanidin: 5.74mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 2.24mg, Peonidin: 2.24mg, Peonidin: 2.24mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 27.32kcal (1.37%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 5.98g (2.18%), Sugar: 5.57g (6.19%), Cholesterol: 0mg (0%), Sodium: 0.32mg (0.01%), Alcohol: 0.34g (100%), Alcohol %: 1.71% (100%), Protein: 0.17g (0.33%), Vitamin C: 2.5mg (3.02%), Fiber: 0.46g (1.85%), Manganese: 0.03mg (1.4%), Potassium: 35.71mg (1.02%)