



Dried Cherry-and-Fresh Orange Compote

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SAUCE

Ingredients

- 0.3 cup brown sugar packed
- 0.8 cup cherries dried
- 1 Dash ground cloves
- 2 large oranges halved
- 6 large oranges
- 1 tablespoon stick margarine

Equipment

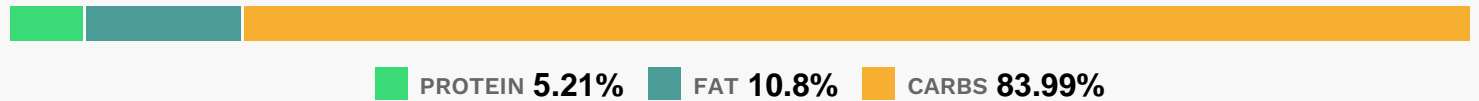
- bowl

sauce pan

Directions

- Peel and section 6 oranges over a bowl, setting 3 cups sections aside. Squeeze juice from membranes of remaining sectioned oranges and orange halves to measure 2/3 cup. Discard membranes.
- Combine juice, brown sugar, and cloves in a medium nonaluminum saucepan; bring to a boil.
- Add cherries; reduce heat, and simmer 5 minutes.
- Remove from heat, and stir in butter.
- Combine cherry mixture and reserved 3 cups orange sections in a bowl, and serve at room temperature.
- Note: Each serving provides 60 micrograms of folate.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:15.49, Inflammation Score:-9, Nutrition Score:14.576087000415%

Flavonoids

Cyanidin: 7.82mg, Cyanidin: 7.82mg, Cyanidin: 7.82mg, Cyanidin: 7.82mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 100.28mg, Hesperetin: 100.28mg, Hesperetin: 100.28mg, Hesperetin: 100.28mg Naringenin: 56.38mg, Naringenin: 56.38mg, Naringenin: 56.38mg, Naringenin: 56.38mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 268.78kcal (13.44%), Fat: 3.5g (5.39%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 51.79g (18.83%), Sugar: 51.06g (56.74%), Cholesterol: 0mg (0%), Sodium: 39.4mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin C: 197.6mg (239.51%), Fiber: 9.46g

(37.84%), Folate: 111.67µg (27.92%), Vitamin B1: 0.33mg (21.86%), Potassium: 745.91mg (21.31%), Vitamin A: 977.19IU (19.54%), Calcium: 164.67mg (16.47%), Manganese: 0.27mg (13.46%), Vitamin B6: 0.24mg (12.02%), Magnesium: 41.64mg (10.41%), Vitamin B5: 0.99mg (9.94%), Copper: 0.19mg (9.43%), Vitamin B2: 0.16mg (9.27%), Phosphorus: 58.61mg (5.86%), Vitamin B3: 1.1mg (5.49%), Vitamin E: 0.82mg (5.45%), Iron: 0.59mg (3.27%), Selenium: 2.02µg (2.89%), Zinc: 0.29mg (1.9%)