



Dried Fruit Compote

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



362 kcal

SAUCE

Ingredients

- ☐ 0.3 cup apples dried chopped
- ☐ 0.7 cup apricots dried
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup pears dried chopped
- ☐ 4 servings serving suggestion: ice cream
- ☐ 0.5 tablespoon juice of lemon fresh to taste
- ☐ 0.5 tablespoon lemon zest freshly grated
- ☐ 0.5 tablespoon orange zest freshly grated

- ☐ 0.3 cup raisins
- ☐ 0.3 cup sugar
- ☐ 1 cup water

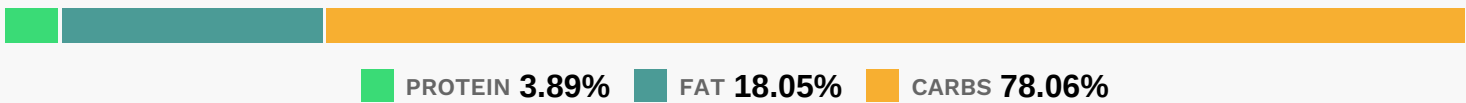
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large bowl combine all of the dried fruit and add enough hot water to cover by an inch. Soak for 20 minutes.
- ☐ Drain the mixture.
- ☐ In a saucepan combine the fruit with the sugar, the lemon and orange zests, the lemon juice, and the water and bring to a boil. Reduce heat and simmer the mixture for 10 to 20 minutes, or until the fruit is tender.
- ☐ Remove the pan from the heat and let the compote cool. The compote will keep for a week if covered and chilled.
- ☐ Serve the compote at room temperature with ice cream.

Nutrition Facts



Properties

Glycemic Index:63.07, Glycemic Load:28.23, Inflammation Score:-6, Nutrition Score:8.0034782471864%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 362.05kcal (18.1%), Fat: 7.71g (11.86%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 75.05g (25.02%), Net Carbohydrates: 69.74g (25.36%), Sugar: 58.88g (65.42%), Cholesterol: 29.04mg (9.68%), Sodium: 69.16mg (3.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin A: 1062.81IU (21.26%), Fiber: 5.31g (21.26%), Potassium: 604.48mg (17.27%), Vitamin B2: 0.24mg (13.9%), Calcium: 111.02mg (11.1%), Copper: 0.21mg (10.69%), Phosphorus: 106.52mg (10.65%), Vitamin E: 1.4mg (9.35%), Manganese: 0.17mg (8.57%), Iron: 1.42mg (7.91%), Magnesium: 27.28mg (6.82%), Vitamin C: 5.33mg (6.46%), Vitamin B5: 0.57mg (5.72%), Vitamin B6: 0.11mg (5.62%), Vitamin B3: 1.11mg (5.56%), Vitamin K: 4.91µg (4.68%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.05mg (3.21%), Selenium: 2.01µg (2.87%), Folate: 6.53µg (1.63%)