



Dried fruit compote

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



271 kcal

SAUCE

Ingredients

- ☐ 140 g fruit dried (we used apricots, cherries and sultanas)
- ☐ 0.5 tsp cinnamon
- ☐ 300 ml apple juice
- ☐ 200 g greek yogurt fat-free
- ☐ 100 g cereal

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the dried fruit into a small pan with the cinnamon and apple juice, give everything a stir then simmer for 5 mins until the apple juice is syrupy.
- ☐ Remove from the heat and allow to cool.
- ☐ Divide the yogurt between 4 bowls then top with the compote and granola.

Nutrition Facts



Properties

Glycemic Index:19.19, Glycemic Load:9.43, Inflammation Score:-3, Nutrition Score:10.011304420621%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 3.7mg, Epicatechin: 3.7mg, Epicatechin: 3.7mg, Epicatechin: 3.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 271.37kcal (13.57%), Fat: 5.12g (7.87%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 45.07g (16.39%), Sugar: 31.08g (34.53%), Cholesterol: 2.5mg (0.83%), Sodium: 32.93mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.68%), Manganese: 0.97mg (48.4%), Fiber: 5.06g (20.24%), Phosphorus: 170.66mg (17.07%), Calcium: 143.25mg (14.32%), Magnesium: 56.18mg (14.04%), Potassium: 486.3mg (13.89%), Selenium: 9.57µg (13.68%), Vitamin B2: 0.23mg (13.39%), Iron: 1.95mg (10.86%), Copper: 0.19mg (9.6%), Vitamin B1: 0.13mg (8.99%), Vitamin E: 1.11mg (7.39%), Zinc: 1.02mg (6.78%), Vitamin K: 6.66µg (6.34%), Vitamin B12: 0.37µg (6.13%), Vitamin B6: 0.11mg (5.69%), Vitamin B5: 0.5mg (5%), Folate: 15.17µg (3.79%), Vitamin B3: 0.62mg (3.11%), Vitamin C: 1.16mg (1.41%)