



## Dried Fruit Compote with Ginger Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



36 kcal

SAUCE

### Ingredients



1 cup fruit mixed dried stemmed sliced (such as figs, apricots, cherries, prunes, raisins, and candied ginger)



12 ounce prepare as (such as Reed's)

### Equipment

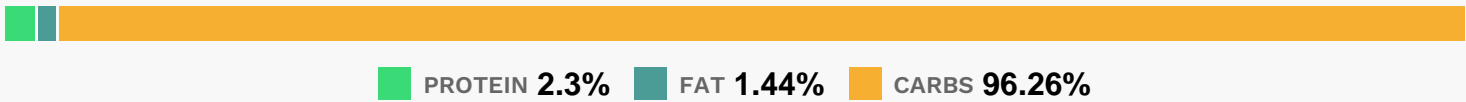


sauce pan

### Directions

- ☐
- Bring ginger beer, dried fruit, and 1 cup water to a boil in a small saucepan. Reduce heat to low and simmer until liquid becomes syrupy and mixture is reduced to 1 1/2 cups, 35–40 minutes.
- ☐
- Let cool completely. DO AHEAD: Can be made 1 week ahead. Cover and chill.
- ☐
- Per serving: 74 calories, 0 g fat, 18 g carbohydrate
- ☐
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:4.25, Inflammation Score:-1, Nutrition Score:0.66695651225746%

## Nutrients (% of daily need)

Calories: 35.88kcal (1.79%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 8.57g (3.12%), Sugar: 8.24g (9.16%), Cholesterol: 0mg (0%), Sodium: 4.64mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Fiber: 0.65g (2.61%), Manganese: 0.04mg (2.07%), Copper: 0.03mg (1.47%), Iron: 0.24mg (1.32%), Potassium: 45.9mg (1.31%), Magnesium: 5.1mg (1.28%), Calcium: 12.5mg (1.25%)