

Dried Fruit Compote with Goat Cheese

 Vegetarian  Gluten Free

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

298 kcal

SAUCE

Ingredients

- ☐ 0.5 cup cranberries dried
- ☐ 1 cup fruit mixed dried chopped
- ☐ 4 ounces goat cheese crumbled
- ☐ 1.5 cups port wine
- ☐ 6 servings sparkling wine italian for serving
- ☐ 0.3 cup sugar

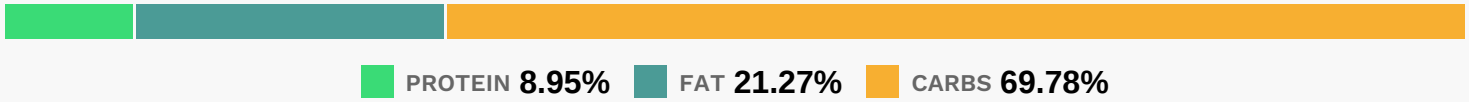
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan over medium-high heat, simmer port wine and sugar until sugar has dissolved.
- ☐ Add dried fruit and dried cranberries. Bring mixture to a boil. Reduce heat and simmer for 5 minutes.
- ☐ Remove from heat and let cool.
- ☐ Serve in martini glasses topped with crumbled goat cheese and a glass of sparkling Italian wine.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:6.94, Inflammation Score:-7, Nutrition Score:3.8695652274334%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.35mg, Delphinidin: 2.35mg, Delphinidin: 2.35mg, Delphinidin: 2.35mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 298.21kcal (14.91%), Fat: 4.18g (6.43%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 29.69g (10.8%), Sugar: 25.38g (28.2%), Cholesterol: 8.69mg (2.9%), Sodium: 86.57mg (3.76%), Alcohol: 18.65g (100%), Alcohol %: 9.38% (100%), Protein: 3.96g (7.92%), Copper: 0.21mg (10.39%), Phosphorus: 81.26mg (8.13%), Manganese: 0.15mg (7.57%), Iron: 1.27mg (7.08%), Magnesium: 28.16mg (7.04%), Potassium: 240.8mg (6.88%), Vitamin B2: 0.11mg (6.31%), Calcium: 56.37mg (5.64%), Fiber: 1.19g (4.75%), Vitamin B6: 0.09mg (4.39%), Vitamin A: 195.9IU (3.92%), Zinc: 0.39mg (2.59%), Vitamin B3: 0.45mg (2.27%), Vitamin B1: 0.03mg (2.07%), Vitamin K: 2.15µg (2.05%), Vitamin B5: 0.2mg (1.99%), Selenium: 1.28µg (1.82%), Vitamin E: 0.27mg (1.8%), Folate: 4.35µg (1.09%)