

Dried-Fruit Compote with Vanilla and Orange



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

SAUCE

Ingredients

- ☐ 1.3 cups apricot dried
- ☐ 0.5 lb figs dried (preferably Calimyrna; 1 cup)
- ☐ 1.5 cups wine dry white
- ☐ 1 orange juice
- ☐ 1.3 cups prune- cut to pieces pitted
- ☐ 0.7 cup sugar
- ☐ 1 vanilla pod halved lengthwise
- ☐ 2 cups water

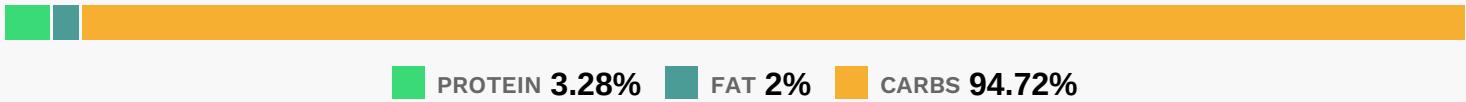
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ peeler

Directions

- ☐ Peel zest in long strips from half of orange with a vegetable peeler and trim any white pith from zest.
- ☐ Cut zest into fine julienne strips. Halve orange and squeeze 1/3 cup juice.
- ☐ Combine zest, juice, wine, sugar, and 2 cups water in a 3-quart heavy saucepan. Scrape seeds from vanilla bean with a sharp knife into wine mixture, reserving pod for another use. Bring mixture to a boil, stirring until sugar is dissolved, then continue to boil, uncovered, until reduced to about 3 cups, about 10 minutes.
- ☐ While syrup is boiling, cut off and discard fig stems and halve figs lengthwise.
- ☐ Add figs to syrup and simmer, covered, until they soften, about 5 minutes.
- ☐ Add apricots and prunes, then simmer, covered, until plump, 8 to 10 minutes.
- ☐ Transfer compote to a heatproof bowl and cool to warm or room temperature, 1 to 2 hours.
- ☐ • Compote can be made 1 day ahead and chilled, covered. Reheat over moderately low heat.
- ☐ Each serving with 2 tablespoons low-fat sour cream contains about 429 calories and 4 grams fat (without sour cream: 384 calories and 1 gram fat).
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:33.92, Inflammation Score:-8, Nutrition Score:11.267826054407%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 391.96kcal (19.6%), Fat: 0.85g (1.31%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 90.34g (30.11%), Net Carbohydrates: 81.94g (29.8%), Sugar: 70.94g (78.82%), Cholesterol: 0mg (0%), Sodium: 14.66mg (0.64%), Alcohol: 6.18g (100%), Alcohol %: 2.85% (100%), Protein: 3.13g (6.26%), Fiber: 8.41g (33.63%), Vitamin K: 28.61µg (27.25%), Vitamin A: 1348.05IU (26.96%), Potassium: 920.54mg (26.3%), Manganese: 0.44mg (22.08%), Copper: 0.33mg (16.52%), Magnesium: 57.7mg (14.42%), Iron: 2.07mg (11.48%), Vitamin E: 1.55mg (10.31%), Calcium: 101.8mg (10.18%), Vitamin B6: 0.19mg (9.48%), Vitamin B3: 1.77mg (8.84%), Phosphorus: 83.35mg (8.33%), Vitamin B2: 0.14mg (8%), Vitamin C: 5.96mg (7.22%), Vitamin B5: 0.51mg (5.12%), Vitamin B1: 0.07mg (4.46%), Zinc: 0.61mg (4.06%), Folate: 11.34µg (2.84%), Selenium: 1.17µg (1.68%)