



## Fall Fruit Compote

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SAUCE

### Ingredients

- 0.3 cup apple cider vinegar
- 0.3 cup apple juice
- 2 apples diced cored
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 0.3 stick butter
- 1 cinnamon sticks
- 0.5 cup cherries dried chopped

2 pears diced cored

## Equipment

sauce pan

## Directions

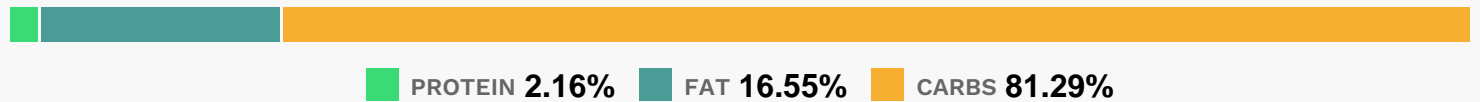
Melt the butter in a medium saucepan over high heat.

Add the diced apples, pears, cherries, vinegar, apple juice, brown sugar, and cinnamon stick. Cook for 5 minutes. Lower the heat to medium and cook a few minutes more, until the fruit is tender and the liquid has boiled away.

Add a bit more apple juice to keep the fruit from scorching. The compote will keep for a week, refrigerated.

Serve warm with potato latkes.

## Nutrition Facts



## Properties

Glycemic Index:25.56, Glycemic Load:4.02, Inflammation Score:-3, Nutrition Score:2.7078260869565%

## Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.46mg, Epicatechin: 5.46mg, Epicatechin: 5.46mg, Epicatechin: 5.46mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 156.9kcal (7.84%), Fat: 3.02g (4.64%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 29.93g (10.88%), Sugar: 27.12g (30.13%), Cholesterol: 7.59mg (2.53%), Sodium: 29.4mg (1.28%),

Protein: 0.89g (1.77%), Fiber: 3.43g (13.73%), Vitamin A: 394.25IU (7.88%), Manganese: 0.15mg (7.34%), Vitamin C: 4.09mg (4.96%), Potassium: 134.61mg (3.85%), Vitamin K: 3.34µg (3.18%), Calcium: 31.34mg (3.13%), Copper: 0.06mg (2.91%), Iron: 0.42mg (2.31%), Vitamin B6: 0.04mg (1.97%), Magnesium: 7.72mg (1.93%), Vitamin B2: 0.03mg (1.54%), Vitamin E: 0.23mg (1.52%), Phosphorus: 13.16mg (1.32%), Folate: 4.75µg (1.19%)