



 1%
HEALTH SCORE

Finger Lickin' Good Stewed Quince Dessert

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 quinces
- 3 tbsp cooking oil
- 1 tbsp rice flour mixed with 50 ml of water
- 50 g sugar
- 0.5 tbsp cinnamon
- 1 tsp ground cloves
- 3 tbsp raisins
- 0.5 tsp vanilla extract

1 tsp rum extract

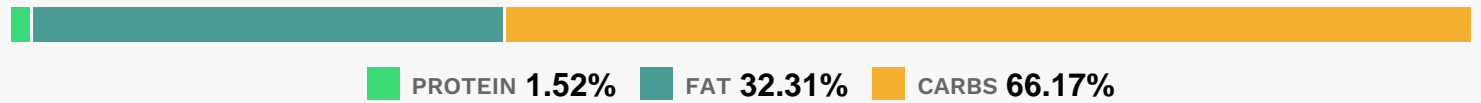
1 pinch sea salt

Equipment

Directions

Go to my blog for the full instructions: <http://gourmandelle.com/finger-lickin-good-stewed-quince-dessert/>

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:9.13, Inflammation Score:-2, Nutrition Score:4.905652173913%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg

Taste

Sweetness: 100%, Saltiness: 4.33%, Sourness: 11.5%, Bitterness: 9.85%, Savoriness: 0%, Fattiness: 70.72%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 189.89kcal (9.49%), Fat: 7.23g (11.12%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 30.14g (10.96%), Sugar: 8.33g (9.26%), Cholesterol: 0mg (0%), Sodium: 14.4mg (0.63%), Protein: 0.76g (1.52%), Vitamin C: 17.38mg (21.07%), Manganese: 0.36mg (18.18%), Fiber: 3.15g (12.6%), Copper: 0.18mg (8.78%), Vitamin E: 1.27mg (8.48%), Potassium: 294.74mg (8.42%), Iron: 1.12mg (6.2%), Vitamin K: 5.69µg (5.42%), Vitamin B6: 0.07mg (3.36%), Magnesium: 13.23mg (3.31%), Vitamin B2: 0.05mg (2.89%), Phosphorus: 26.94mg (2.69%), Calcium: 24.42mg (2.44%), Vitamin B1: 0.03mg (2.23%), Vitamin B3: 0.36mg (1.79%), Selenium: 0.96µg (1.37%), Vitamin B5: 0.11mg (1.09%)