



Fresh Apricot Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



3

CALORIES



250 kcal

SAUCE

Ingredients

- ☐ 10 apricots fresh pitted halved
- ☐ 1 lemon zest
- ☐ 2 drops vanilla extract
- ☐ 6 cups water
- ☐ 0.8 cup sugar white

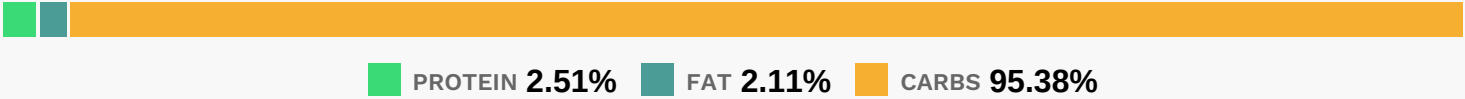
Equipment

- ☐ sauce pan

Directions

☐ Stir together the apricots, lemon zest, sugar, water, and vanilla extract in a saucepan until the sugar has dissolved. Bring to a boil, reduce heat to low, and simmer gently until the apricots are soft and the compote has thickened, 40 to 50 minutes. Chill in refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:39.33, Inflammation Score:-8, Nutrition Score:6.0295652358428%

Flavonoids

Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epicatechin: 5.53mg, Epicatechin: 5.53mg, Epicatechin: 5.53mg, Epicatechin: 5.53mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 249.63kcal (12.48%), Fat: 0.62g (0.96%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 63.08g (21.03%), Net Carbohydrates: 60.53g (22.01%), Sugar: 60.77g (67.52%), Cholesterol: 0mg (0%), Sodium: 25.45mg (1.11%), Alcohol: 0.02g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Vitamin A: 2248IU (44.96%), Vitamin C: 14.25mg (17.27%), Fiber: 2.55g (10.18%), Potassium: 306.47mg (8.76%), Copper: 0.17mg (8.6%), Vitamin E: 1.04mg (6.96%), Manganese: 0.09mg (4.6%), Magnesium: 16.71mg (4.18%), Vitamin K: 3.85µg (3.67%), Vitamin B3: 0.71mg (3.54%), Vitamin B2: 0.06mg (3.4%), Vitamin B6: 0.07mg (3.32%), Calcium: 32.55mg (3.25%), Vitamin B5: 0.29mg (2.86%), Iron: 0.5mg (2.76%), Phosphorus: 27.08mg (2.71%), Folate: 10.76µg (2.69%), Vitamin B1: 0.04mg (2.41%), Zinc: 0.29mg (1.94%)