



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

PROTEIN 2.51% FAT 2.11% CARBS 95.38%

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%)