



Fruit Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



137 kcal

SAUCE

Ingredients

- 3 bartlett pears ripe
- 3 granny smith apples ripe
- 0.8 teaspoon ground cinnamon
- 2 Tbsp juice of lemon fresh
- 1 cup plums fresh sliced (2 plums)
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract

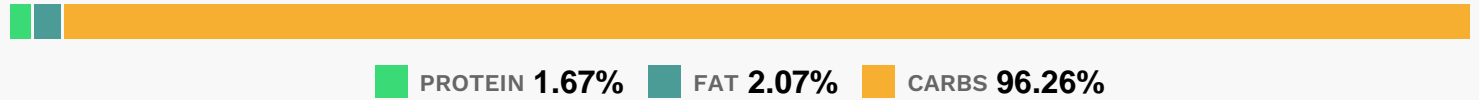
Equipment

- bowl
- sauce pan

Directions

- Place whole apples and pears in a large heat-resistant bowl, and cover with boiling water.
- Let stand 10 minutes, turning fruit a few times.
- Drain; peel fruit, and cut into chunks.
- Stir together apples, pears, sugar, 2 Tbsp. lemon juice, and cinnamon in a 3 1/2-qt. saucepan. Bring to a boil over high heat, stirring often. Cover, reduce heat to low, and simmer, stirring occasionally, 8 minutes or until tender.
- Gently stir in plums, and cook 2 to 3 minutes or until plums are tender.
- Remove from heat; stir in vanilla, and, if desired, an additional 1 Tbsp. lemon juice.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:15.28, Inflammation Score:-2, Nutrition Score:3.0739130598048%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 137.16kcal (6.86%), Fat: 0.33g (0.51%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 30.57g (11.12%), Sugar: 28.22g (31.35%), Cholesterol: 0mg (0%), Sodium: 1.55mg (0.07%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 0.6g (1.21%), Fiber: 4.11g (16.43%), Vitamin C: 9.49mg (11.51%), Vitamin K: 5.42µg (5.16%), Potassium: 178.12mg (5.09%), Manganese: 0.09mg (4.68%), Copper: 0.08mg (4.23%), Vitamin B6: 0.05mg (2.67%), Vitamin B2: 0.04mg (2.57%), Vitamin A: 127.48IU (2.55%), Magnesium: 9.23mg (2.31%), Folate: 7.84µg (1.96%), Phosphorus: 18.58mg (1.86%), Vitamin E: 0.27mg (1.78%), Vitamin B1: 0.03mg (1.76%), Iron: 0.27mg (1.49%), Calcium: 13.6mg (1.36%), Vitamin B3: 0.26mg (1.32%), Vitamin B5: 0.1mg (1.03%)