



## Fruit Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



87 kcal

SAUCE

### Ingredients

- 0.5 cup cider vinegar
- 12 apricots dried thinly sliced
- 0.5 cup cooking wine dry white
- 1 apples i use 2 granny smith apples diced
- 0.5 teaspoon pepper
- 0.5 cup grapes red seedless halved
- 0.5 cup onion red chopped
- 0.5 teaspoon salt

- 1 cup sugar
- 16 mission figlets dried quartered
- 16 mission figlets dried quartered

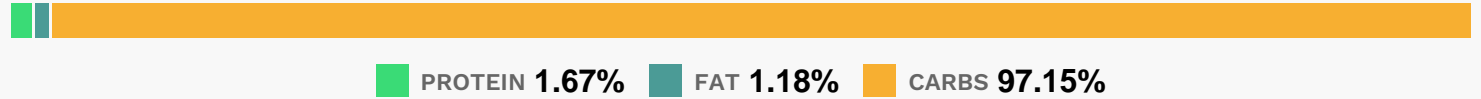
## Equipment

- sauce pan

## Directions

- Combine all ingredients in a 3-qt. saucepan, and cook over medium heat, stirring occasionally, 25 minutes or until thickened and liquid is reduced by three-fourths. (
- Mixture will continue to thicken as it cools.)
- Serve warm or at room temperature.
- \*12 dried Mission figs, coarsely chopped, may be substituted.
- Note: For testing purposes only, we used Blue Ribbon Orchard Choice Mission Figlets.

## Nutrition Facts



## Properties

Glycemic Index:19.7, Glycemic Load:11.51, Inflammation Score:-2, Nutrition Score:1.4039130521857%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 87.07kcal (4.35%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 19.78g (7.19%), Sugar: 19.1g (21.22%), Cholesterol: 0mg (0%), Sodium: 79.54mg (3.46%), Alcohol: 0.82g (100%), Alcohol %: 1.79% (100%), Protein: 0.36g (0.71%), Vitamin A: 241IU (4.82%), Fiber: 0.91g (3.64%), Manganese: 0.07mg (3.41%), Potassium: 117.29mg (3.35%), Vitamin E: 0.31mg (2.07%), Copper: 0.04mg (1.83%), Iron: 0.27mg (1.47%), Vitamin B6: 0.03mg (1.45%), Vitamin C: 1.18mg (1.43%), Vitamin K: 1.36µg (1.3%), Magnesium: 4.85mg (1.21%), Phosphorus: 10.61mg (1.06%), Vitamin B3: 0.2mg (1.01%)