



Gingery compote crunch

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



435 kcal

SAUCE

Ingredients

- ☐ 3 bramley apples peeled thinly sliced
- ☐ 50 g apricots roughly chopped
- ☐ 4 tbsp jam to taste
- ☐ 0.5 fruit frozen
- ☐ 200 g cheerios
- ☐ 50 g pinenuts

Equipment

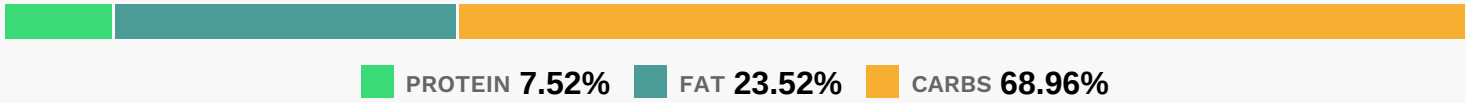
- ☐ baking pan

☐ grill

Directions

- ☐ Heat grill to high.
- ☐ Lay the apple slices and apricots in a shallow, microwaveable baking dish, then add the jam and a splash of water. Cover with cling film and cook on High for 5 mins or until the fruit starts to soften. Stir the frozen fruits through, re-cover and cook for another 3 mins until defrosted.
- ☐ Mix together the cereal and pine nuts and spoon over. Grill for 2 mins until golden.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:12.91, Inflammation Score:-10, Nutrition Score:36.030434649924%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.87mg, Epicatechin: 10.87mg, Epicatechin: 10.87mg, Epicatechin: 10.87mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 434.77kcal (21.74%), Fat: 12.2g (18.77%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 80.48g (26.83%), Net Carbohydrates: 70.32g (25.57%), Sugar: 34.08g (37.86%), Cholesterol: 0mg (0%), Sodium: 259.45mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.55%), Manganese: 2.95mg (147.72%), Folate: 369.8µg (92.45%), Iron: 15.63mg (86.81%), Vitamin B12: 3.38µg (56.42%), Zinc: 7.65mg (50.99%), Vitamin B3: 9.93mg (49.63%), Vitamin B6: 0.98mg (49.12%), Vitamin B1: 0.73mg (48.83%), Vitamin A: 2137.46IU (42.75%), Fiber: 10.16g (40.63%), Phosphorus: 278.82mg (27.88%), Vitamin C: 21.33mg (25.85%), Magnesium: 100.06mg (25.02%), Copper: 0.47mg (23.36%), Calcium: 197.13mg (19.71%), Selenium: 12.95µg (18.5%), Potassium: 635.02mg (18.14%), Vitamin K: 13.74µg (13.09%), Vitamin D: 1.8µg (12%), Vitamin E: 1.75mg (11.68%), Vitamin B2: 0.15mg (8.68%), Vitamin B5: 0.72mg (7.16%)