



Gingery Rhubarb Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

SAUCE

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 0.3 cup candied ginger finely chopped
- ☐ 0.5 cup golden raisins
- ☐ 1 cup brown sugar light packed ()
- ☐ 1 pinch pepper red crushed
- ☐ 0.5 cup red wine vinegar
- ☐ 1 pound rhubarb thick trimmed sliced

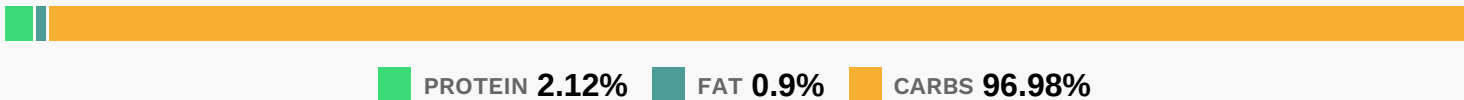
Equipment

☐ frying pan

Directions

- ☐ Combine brown sugar, raisins, vinegar, ginger,capers, red pepper flakes, and black pepperin a medium skillet. Cook over medium heat,stirring often, until liquid is reduced by half,about 5 minutes.
- ☐ Add rhubarb to skillet and stir to coat.Cook, swirling pan occasionally, untilrhubarb is tender and liquid is syrupy,about 15 minutes.
- ☐ Serve compote warmor at room temperature.
- ☐ DO AHEAD: Compote can be made 5 daysahead.
- ☐ Let cool; cover and chill. Reheatslightly, if desired, before serving.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:5.44, Inflammation Score:-2, Nutrition Score:4.5060869066612%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 214.62kcal (10.73%), Fat: 0.22g (0.34%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 51.85g (18.85%), Sugar: 47.98g (53.31%), Cholesterol: 0mg (0%), Sodium: 54.41mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin K: 22.95µg (21.85%), Manganese: 0.22mg (11.07%), Potassium: 365.48mg (10.44%), Calcium: 103.71mg (10.37%), Vitamin C: 6.59mg (7.99%), Fiber: 1.9g (7.59%), Magnesium: 17.89mg (4.47%), Iron: 0.76mg (4.22%), Copper: 0.08mg (4.22%), Vitamin B6: 0.07mg (3.65%), Vitamin B2: 0.05mg (2.81%), Phosphorus: 27.75mg (2.77%), Vitamin B3: 0.42mg (2.08%), Selenium: 1.38µg (1.97%), Vitamin A: 83.98IU (1.68%), Folate: 6.34µg (1.58%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.13mg (1.3%),

Vitamin B1: 0.02mg (1.09%)