



Golden Compote of Pineapple, Cardamom, and Rose Water



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 8 cardamom pods
- ☐ 0.5 cup golden raisins
- ☐ 1.5 inch lime cut into quarters
- ☐ 3 cups whipped cream low-fat
- ☐ 3 cups pineapple fresh cubed (1-inch)
- ☐ 0.3 cup pistachios chopped
- ☐ 1.5 teaspoons rosewater

- ☐ 0.3 cup sugar
- ☐ 0.8 cup water

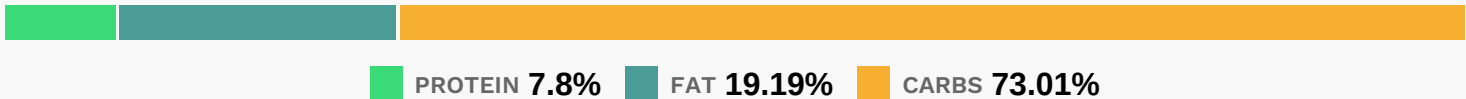
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook lime slices in boiling water 1 minute; drain.
- ☐ Combine 3/4 cup water, sugar, and cardamom in a medium saucepan. Bring to a boil; cook 1 minute or until sugar dissolves.
- ☐ Add lime slices to pan; reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; let stand 1 hour. Discard cardamom pods.
- ☐ Combine pineapple, raisins, and rose water in a large bowl.
- ☐ Pour lime mixture over pineapple mixture, and toss gently to combine. Cover and chill up to 24 hours.
- ☐ Serve with ice cream and pistachios.

Nutrition Facts



Properties

Glycemic Index:46.07, Glycemic Load:24.87, Inflammation Score:-5, Nutrition Score:12.737826134848%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 283.91kcal (14.2%), Fat: 6.36g (9.78%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 54.44g (18.15%), Net Carbohydrates: 51.28g (18.65%), Sugar: 40.79g (45.33%), Cholesterol: 20.52mg (6.84%), Sodium: 60.62mg (2.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Manganese: 1.61mg (80.72%), Vitamin C: 41.77mg (50.62%), Calcium: 156.26mg (15.63%), Vitamin B2: 0.26mg (15.18%), Vitamin B6: 0.26mg (12.96%), Phosphorus: 128.75mg (12.87%), Fiber: 3.16g (12.63%), Potassium: 421.33mg (12.04%), Copper: 0.23mg (11.5%), Vitamin B1: 0.16mg (10.43%), Magnesium: 37.41mg (9.35%), Vitamin A: 409.92IU (8.2%), Zinc: 1.01mg (6.73%), Iron: 1.18mg (6.56%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.59mg (5.86%), Folate: 22.44µg (5.61%), Vitamin B3: 0.75mg (3.76%), Selenium: 2.1µg (3%), Vitamin E: 0.24mg (1.61%), Vitamin K: 1.31µg (1.25%)