

Golden Spiced Fruit



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 2 teaspoons cornstarch
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 1.5 cups golden delicious apple peeled chopped (2 apples)
- ☐ 0.5 cup golden raisins
- ☐ 1 inch julienne-cut lemon rind
- ☐ 1.5 cups pineapple fresh cubed (1-inch)
- ☐ 0.5 cup mirin sweet

- ☐ 0.3 cup sugar
- ☐ 2 teaspoons water

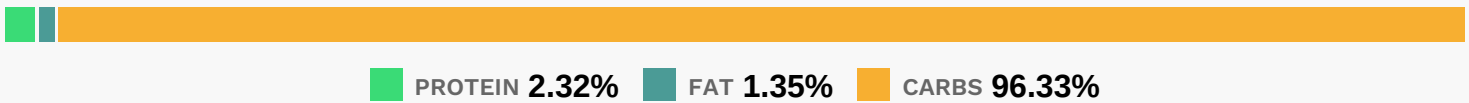
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 6 ingredients in a large saucepan over medium-high heat; add pineapple and apple. Bring to a boil; reduce heat, and simmer 10 minutes or until apples are soft.
- ☐ Remove from heat. Cover, and let stand 15 minutes.
- ☐ Remove lemon rind and cinnamon stick. Return fruit mixture to a simmer.
- ☐ Combine cornstarch and water; stir into fruit mixture. Cook until slightly thick (about 4 minutes).

Nutrition Facts



Properties

Glycemic Index:32.43, Glycemic Load:12.92, Inflammation Score:-2, Nutrition Score:3.4013043460639%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 104.02kcal (5.2%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 22.43g (8.16%), Sugar: 19.25g (21.39%), Cholesterol: 0mg (0%), Sodium: 2.92mg (0.13%), Alcohol: 1.54g (100%), Alcohol %: 2.18% (100%), Protein: 0.58g (1.16%), Manganese: 0.42mg (20.92%), Vitamin C: 15.52mg (18.82%), Fiber: 1.64g (6.54%), Vitamin B6: 0.09mg (4.26%), Potassium: 139.55mg (3.99%), Copper: 0.08mg (3.91%),

Magnesium: 10.06mg (2.51%), Vitamin B2: 0.04mg (2.22%), Iron: 0.37mg (2.06%), Vitamin B1: 0.03mg (2.03%), Phosphorus: 18.45mg (1.85%), Folate: 6.8µg (1.7%), Calcium: 16.58mg (1.66%), Vitamin B3: 0.31mg (1.53%), Vitamin K: 1.15µg (1.1%), Vitamin B5: 0.11mg (1.06%)