



Grape and Mango Compote

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SAUCE

Ingredients

- 1 tablespoon honey
- 1 tablespoon juice of lime fresh
- 1 pound mango in extra syrup light drained
- 1.3 cups grapes red seedless halved

Equipment

- bowl

Directions

Combine all ingredients in a large bowl; stir gently.

Nutrition Facts

 PROTEIN **3.98%**  FAT **3.48%**  CARBS **92.54%**

Properties

Glycemic Index:37.51, Glycemic Load:14.1, Inflammation Score:-7, Nutrition Score:7.8617392415586%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 119.67kcal (5.98%), Fat: 0.51g (0.79%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 28.47g (10.35%), Sugar: 27.71g (30.79%), Cholesterol: 0mg (0%), Sodium: 2.43mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin C: 44.04mg (53.38%), Vitamin A: 1262.06IU (25.24%), Folate: 50.25µg (12.56%), Vitamin K: 12.13µg (11.56%), Copper: 0.19mg (9.63%), Fiber: 2.29g (9.17%), Vitamin B6: 0.18mg (9.05%), Potassium: 293.76mg (8.39%), Vitamin E: 1.12mg (7.5%), Manganese: 0.11mg (5.6%), Vitamin B2: 0.08mg (4.76%), Vitamin B1: 0.07mg (4.49%), Vitamin B3: 0.86mg (4.32%), Magnesium: 15.27mg (3.82%), Phosphorus: 26.68mg (2.67%), Vitamin B5: 0.26mg (2.57%), Iron: 0.39mg (2.16%), Calcium: 18.35mg (1.83%), Selenium: 0.78µg (1.11%), Zinc: 0.15mg (1.01%)