



Grape Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

SAUCE

Ingredients

- 3 cups grapes green seedless halved
- 2 teaspoons juice of lemon
- 1 lemon zest
- 2 tablespoons sugar

Equipment

- bowl

Directions

In a bowl, combine 3 cups halved seedless green grapes, 2 tablespoons sugar, 2 teaspoons lemon juice, and the zest of 1 lemon. Toss and let sit for 15 to 30 minutes before serving.

Nutrition Facts



PROTEIN 3% **FAT 1.68%** **CARBS 95.32%**

Properties

Glycemic Index:29.02, Glycemic Load:13.15, Inflammation Score:-1, Nutrition Score:3.2891304253236%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.5kcal (5.12%), Fat: 0.21g (0.32%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 25.7g (9.35%), Sugar: 23.67g (26.3%), Cholesterol: 0mg (0%), Sodium: 2.44mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin K: 16.53µg (15.75%), Vitamin C: 6.53mg (7.91%), Copper: 0.15mg (7.3%), Potassium: 221.4mg (6.33%), Vitamin B1: 0.08mg (5.31%), Vitamin B6: 0.1mg (5.06%), Vitamin B2: 0.08mg (4.82%), Fiber: 1.19g (4.74%), Manganese: 0.08mg (4.05%), Iron: 0.42mg (2.36%), Phosphorus: 23.03mg (2.3%), Magnesium: 8.3mg (2.08%), Vitamin A: 75.64IU (1.51%), Vitamin E: 0.22mg (1.48%), Calcium: 13.55mg (1.35%), Vitamin B3: 0.22mg (1.11%)