



Grapefruit-Campari Compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SAUCE

Ingredients

- ☐ 0.3 cup campari
- ☐ 4 inches ginger fresh scrubbed sliced
- ☐ 6 ruby grapefruit red
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

Equipment

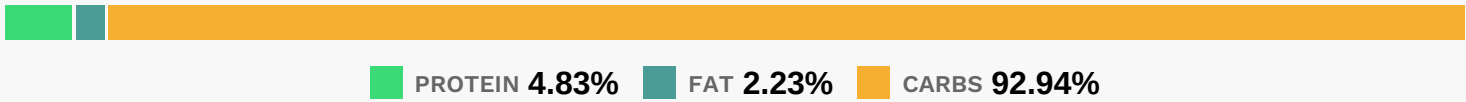
- ☐ bowl
- ☐ sauce pan

☐ knife

Directions

- ☐ In a small saucepan, combine the water, sugar, and ginger and simmer over moderate heat, stirring occasionally, for 1 minute. Stir in the Campari. Cool and set aside.
- ☐ Cut the peel and the bitter white pith from the grapefruit with a sharp knife. Working over a bowl to catch the juice, cut the grapefruit sections free from the membranes, keeping sections intact.
- ☐ Place in a medium bowl. Reserve the juice. Strain the Campari syrup and pour it and the reserved juice over the grapefruit sections. Cover and chill. Recipe can be made up to 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:8.64, Inflammation Score:-9, Nutrition Score:7.8686955324982%

Flavonoids

Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 60.22mg, Naringenin: 60.22mg, Naringenin: 60.22mg, Naringenin: 60.22mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 124.04kcal (6.2%), Fat: 0.3g (0.47%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 25.56g (9.29%), Sugar: 19.01g (21.12%), Cholesterol: 0mg (0%), Sodium: 0.89mg (0.04%), Alcohol: 1.67g (100%), Alcohol %: 1.02% (100%), Protein: 1.48g (2.97%), Vitamin C: 57.74mg (69.99%), Vitamin A: 2121.75IU (42.44%), Fiber: 3.02g (12.09%), Potassium: 263.73mg (7.53%), Folate: 24.37µg (6.09%), Vitamin B1: 0.08mg (5.35%), Vitamin B6: 0.1mg (5.17%), Vitamin B5: 0.49mg (4.9%), Magnesium: 18.18mg (4.55%), Calcium: 41.43mg (4.14%), Vitamin B2: 0.06mg (3.5%), Phosphorus: 34.4mg (3.44%), Copper: 0.07mg (3.43%), Manganese: 0.05mg (2.44%), Vitamin B3: 0.4mg (2.01%), Vitamin E: 0.25mg (1.66%)