



Herbed Fruit Compote

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

SAUCE

Ingredients

- 0.5 cup cherries dried
- 0.5 cup apricots dried chopped
- 0.5 cup pears dried chopped
- 0.3 teaspoon rubbed sage dried
- 0.3 teaspoon thyme leaves dried
- 2 tablespoons honey
- 0.3 cup plum brandy sweet
- 1 teaspoon olive oil

- 1.5 cups onion chopped
- 0.5 cup raisins
- 2 cups water

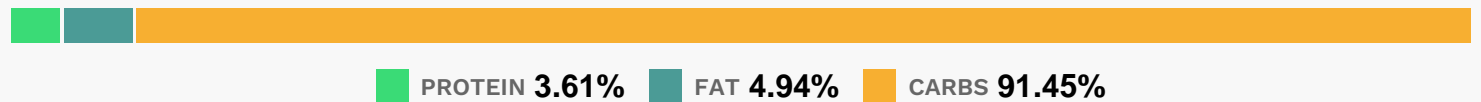
Equipment

- bowl
- sauce pan

Directions

- Heat oil in a large saucepan over medium heat.
- Add onion; cover and cook 10 minutes, stirring occasionally.
- Add water and remaining ingredients; bring to a boil. Reduce heat; simmer until thick (about 20 minutes).
- Pour into a bowl; cool.
- Note: Apple juice may be substituted for Marsala, if desired.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:8.46, Inflammation Score:-4, Nutrition Score:3.5291304355082%

Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 125.79kcal (6.29%), Fat: 0.71g (1.09%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 26.83g (9.76%), Sugar: 18.61g (20.67%), Cholesterol: 0mg (0%), Sodium: 9.09mg (0.4%), Alcohol: 1.15g (100%), Alcohol %: 1.04% (100%), Protein: 1.17g (2.34%), Fiber: 2.77g (11.07%), Potassium: 301.85mg (8.62%), Manganese: 0.14mg (7.02%), Copper: 0.13mg (6.44%), Vitamin A: 300.65IU (6.01%), Vitamin C: 4.22mg (5.12%), Iron: 0.86mg (4.8%), Vitamin B6: 0.08mg (3.92%), Magnesium: 14.43mg (3.61%), Vitamin K: 3.74µg (3.56%), Vitamin B2: 0.05mg (3.13%), Phosphorus: 30.67mg (3.07%), Vitamin E: 0.45mg (2.97%), Vitamin B3: 0.54mg (2.69%), Calcium: 22.19mg (2.22%), Vitamin B1: 0.03mg (2%), Folate: 7.33µg (1.83%), Vitamin B5: 0.12mg (1.23%), Zinc: 0.17mg (1.16%)