



Kumquat and Cranberry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



8

CALORIES



177 kcal

SAUCE

Ingredients

- ☐ 24 oz cranberries frozen thawed
- ☐ 2 tablespoons ginger fresh peeled finely chopped
- ☐ 1.5 cups kumquats trimmed quartered
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1 cup water
- ☐ 2 star anise whole

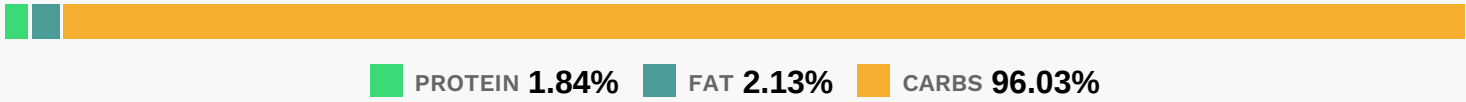
Equipment

sauce pan

Directions

- Stir together all ingredients in a 4-quart heavy saucepan and simmer, uncovered, stirring occasionally, until berries have burst, 10 to 12 minutes.
- Remove star anise and cool completely.
- Compote can be made 1 week ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:25.08, Inflammation Score:-4, Nutrition Score:4.5817391133827%

Flavonoids

Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Naringenin: 12.16mg, Naringenin: 12.16mg, Naringenin: 12.16mg, Naringenin: 12.16mg Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 176.72kcal (8.84%), Fat: 0.45g (0.69%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 40.63g (14.77%), Sugar: 36.83g (40.92%), Cholesterol: 0mg (0%), Sodium: 78.55mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Vitamin C: 21.35mg (25.88%), Fiber: 4.51g (18.04%), Manganese: 0.35mg (17.3%), Vitamin E: 1.16mg (7.73%), Copper: 0.08mg (4.05%), Vitamin K: 4.25µg (4.05%), Potassium: 118.95mg (3.4%), Vitamin B6: 0.06mg (3.03%), Vitamin B5: 0.3mg (3.01%), Iron: 0.5mg (2.76%), Magnesium: 10.82mg (2.7%), Vitamin B2: 0.04mg (2.55%), Calcium: 23.08mg (2.31%), Vitamin A: 113.25IU (2.27%), Phosphorus: 15.08mg (1.51%), Vitamin B1: 0.02mg (1.29%), Folate: 4.67µg (1.17%)