



Kumquat-Peppercorn Compote with Cow's Milk Cheese

READY IN



35 min.

SERVINGS



6

CALORIES



128 kcal

SAUCE

Ingredients

- ☐ 6 large slices bread hearty italian-style
- ☐ 0.3 pound kumquats seeded
- ☐ 6 ounces aged cow's milk cheese (or use any aged goat's or sheep's milk cheese)
- ☐ 1 star anise
- ☐ 0.3 cup sugar
- ☐ 1 cup water
- ☐ 2 teaspoons peppercorns whole

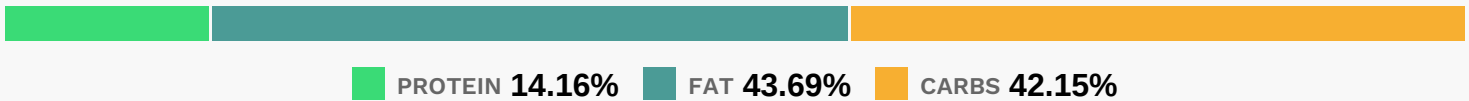
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ To make the compote: In a medium heavy-bottom pot, bring the water and sugar to a boil. Continue cooking until the mixture is reduced by half, about 5 minutes. Turn the heat to medium-low and add the remaining ingredients except the cheese and bread. Cook, stirring occasionally, until the kumquats are soft, 5 to 6 minutes.
- ☐ Let cool to room temperature. (Makes about 1/2 cup.)
- ☐ Cut the bread slices into 3 pieces each.
- ☐ Place on a baking sheet and toast in the oven until light brown. Turn the slices and toast.
- ☐ Let cool completely.
- ☐ To serve, place a little compote on each slice of bread.
- ☐ Serve the cheese alongside.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:6.55, Inflammation Score:-2, Nutrition Score:5.6513043538384%

Flavonoids

Naringenin: 10.85mg, Naringenin: 10.85mg, Naringenin: 10.85mg, Naringenin: 10.85mg Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg

Nutrients (% of daily need)

Calories: 127.61kcal (6.38%), Fat: 6.4g (9.85%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 12.24g (4.45%), Sugar: 10.15g (11.28%), Cholesterol: 25.23mg (8.41%), Sodium: 332.18mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Calcium: 161.57mg (16.16%), Vitamin B2: 0.26mg

(15.5%), Manganese: 0.24mg (11.83%), Phosphorus: 103.47mg (10.35%), Vitamin C: 8.33mg (10.1%), Vitamin B12: 0.48µg (7.99%), Selenium: 4.67µg (6.67%), Vitamin B6: 0.13mg (6.67%), Fiber: 1.66g (6.66%), Zinc: 0.89mg (5.93%), Vitamin B1: 0.06mg (3.79%), Vitamin A: 183.01IU (3.66%), Vitamin B5: 0.34mg (3.43%), Folate: 13.4µg (3.35%), Iron: 0.59mg (3.28%), Magnesium: 12.76mg (3.19%), Copper: 0.06mg (2.82%), Vitamin K: 2.96µg (2.82%), Vitamin B3: 0.44mg (2.2%), Potassium: 76.2mg (2.18%)