



Marak Perot - Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



325 kcal

SAUCE

Ingredients

- ☐ 3 apples cored peeled thinly sliced
- ☐ 1 cup apricot dried
- ☐ 1.5 tbsp juice of lemon fresh to taste
- ☐ 2 cups prune- cut to pieces
- ☐ 0.8 cup raisins
- ☐ 0.3 cup sugar

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Marak Perot – Compote
- ☐ Ingredients3 apples, peeled, cored and thinly sliced2 cups prunes1 cup dried apricots3/4 cup raisins1/4 cup sugar1 1/2 tbsp fresh lemon juice, or more to taste
- ☐ Cook Time: 1 Hour 30 Minutes
- ☐ Total Time: 3 Hours 30 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:37.22, Glycemic Load:30.33, Inflammation Score:-7, Nutrition Score:10.950434658838%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 325.3kcal (16.26%), Fat: 0.62g (0.95%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 85.96g (28.65%), Net Carbohydrates: 76.84g (27.94%), Sugar: 51.54g (57.27%), Cholesterol: 0mg (0%), Sodium: 9.43mg (0.41%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Fiber: 9.13g (36.51%), Vitamin K: 37.18µg (35.41%), Potassium: 926.82mg (26.48%), Vitamin A: 1283.21IU (25.66%), Copper: 0.32mg (15.89%), Manganese: 0.31mg (15.27%), Vitamin B6: 0.22mg (11.15%), Vitamin B2: 0.18mg (10.75%), Magnesium: 40.93mg (10.23%), Vitamin B3: 1.94mg (9.7%), Iron: 1.7mg (9.45%), Vitamin E: 1.36mg (9.05%), Vitamin C: 7.18mg (8.7%), Phosphorus: 79.31mg (7.93%), Calcium: 47.7mg (4.77%), Vitamin B1: 0.07mg (4.63%), Vitamin B5: 0.43mg (4.25%), Zinc: 0.41mg (2.74%), Folate: 8.51µg (2.13%), Selenium: 0.81µg (1.16%)