



Mixed Fruit Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

SAUCE

Ingredients

- 3 tablespoons brandy
- 2 sticks cinnamon (3-inch)
- 14 ounce fruit mixed dried
- 1 optional: lemon quartered
- 2 cups orange juice fresh (6 oranges)
- 0.5 teaspoon orange rind grated

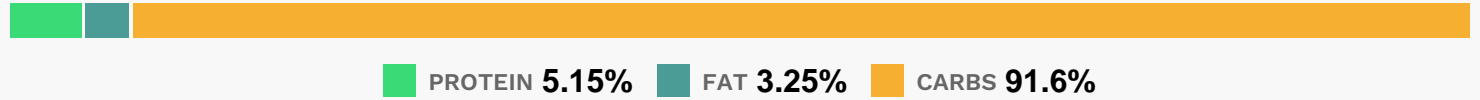
Equipment

- sauce pan

Directions

- Place all ingredients in a medium saucepan; bring to a boil. Reduce heat, cover, and simmer 20 minutes. Cool. Discard cloves, cinnamon, and lemon.
- Serve with chremslach.
- Note: Store compote in the refrigerator for up to a week.

Nutrition Facts



Properties

Glycemic Index:16.06, Glycemic Load:11.85, Inflammation Score:-5, Nutrition Score:8.2500000621962%

Flavonoids

Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg Hesperetin: 11.18mg, Hesperetin: 11.18mg, Hesperetin: 11.18mg, Hesperetin: 11.18mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 170.62kcal (8.53%), Fat: 0.63g (0.97%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 40.14g (13.38%), Net Carbohydrates: 34.3g (12.47%), Sugar: 29.33g (32.59%), Cholesterol: 0mg (0%), Sodium: 6mg (0.26%), Alcohol: 1.88g (100%), Alcohol %: 1.81% (100%), Protein: 2.26g (4.51%), Vitamin C: 38.95mg (47.22%), Fiber: 5.84g (23.37%), Manganese: 0.42mg (20.98%), Potassium: 484.14mg (13.83%), Magnesium: 42.19mg (10.55%), Calcium: 99.67mg (9.97%), Copper: 0.18mg (8.95%), Vitamin K: 8.07µg (7.69%), Iron: 1.29mg (7.16%), Vitamin B1: 0.1mg (6.94%), Folate: 24.64µg (6.16%), Phosphorus: 46.75mg (4.68%), Vitamin B6: 0.09mg (4.49%), Vitamin B2: 0.06mg (3.69%), Vitamin B5: 0.36mg (3.63%), Vitamin B3: 0.58mg (2.91%), Vitamin A: 135.04IU (2.7%), Zinc: 0.39mg (2.57%), Vitamin E: 0.24mg (1.63%)