



Mixed Fruit Compote with Rum



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SAUCE

Ingredients

- ☐ 1.5 pounds cut fruit mixed fresh
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.5 cup apricot-mango nectar
- ☐ 1 tablespoon rum white
- ☐ 1 tablespoon sugar

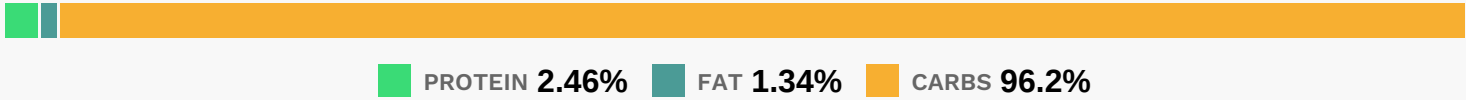
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a small bowl; stir with a whisk until sugar dissolves.
- ☐ Add nectar mixture to fruit; toss gently.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:2.09, Inflammation Score:-5, Nutrition Score:3.5269565316646%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 133.48kcal (6.67%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 29.3g (10.66%), Sugar: 26.04g (28.94%), Cholesterol: 0mg (0%), Sodium: 10.17mg (0.44%), Alcohol: 1.25g (100%), Alcohol %: 0.76% (100%), Protein: 0.82g (1.64%), Vitamin A: 731.43IU (14.63%), Fiber: 2.82g (11.28%), Vitamin C: 8.89mg (10.77%), Vitamin K: 8.08µg (7.7%), Copper: 0.13mg (6.68%), Potassium: 160.51mg (4.59%), Iron: 0.64mg (3.58%), Vitamin B3: 0.69mg (3.47%), Manganese: 0.06mg (2.79%), Vitamin B2: 0.04mg (2.51%), Magnesium: 9.55mg (2.39%), Phosphorus: 21.36mg (2.14%), Vitamin B6: 0.03mg (1.62%), Vitamin B1: 0.02mg (1.46%), Folate: 5.72µg (1.43%), Calcium: 14.04mg (1.4%), Zinc: 0.16mg (1.08%)