



Orange and Kiwi Compote with Toasted Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 2 cardamom pods whole crushed
- ☐ 1 cinnamon sticks
- ☐ 3 slices kiwis peeled
- ☐ 3 large oranges white
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.8 cup water
- ☐ 2 allspice whole

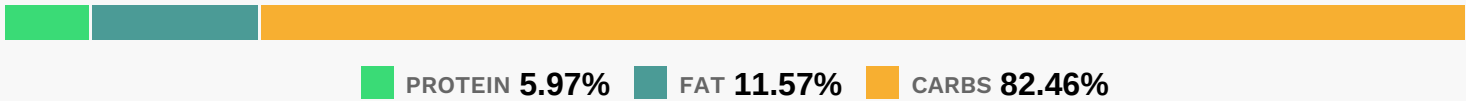
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Stir first 5 ingredients in small saucepan over medium-high heat until sugar dissolves. Bring to boil. Reduce heat; simmer until liquid is syrupy and slightly reduced, about 8 minutes.
- ☐ Remove from heat. Stir in vanilla.
- ☐ Arrange orange and kiwi slices in shallow bowl.
- ☐ Pour hot syrup and spices over fruit. Chill at least 1 hour and up to 4 hours.
- ☐ Sprinkle almonds over; serve.
- ☐ Per serving: calories, 115; total fat, 2 g; saturated fat, 0.5 g; cholesterol, 0
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:16.7, Inflammation Score:-7, Nutrition Score:12.789565252221%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.11mg, Naringenin: 14.11mg, Naringenin: 14.11mg, Naringenin: 14.11mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg

Isorhamnetin: 0.09mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg
Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.46mg, Quercetin: 0.46mg,
Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 162.08kcal (8.1%), Fat: 2.26g (3.48%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 36.24g (12.08%), Net
Carbohydrates: 30.41g (11.06%), Sugar: 27.98g (31.09%), Cholesterol: 0mg (0%), Sodium: 6.36mg (0.28%), Alcohol:
0.11g (100%), Alcohol %: 0.06% (100%), Protein: 2.62g (5.25%), Vitamin C: 116.35mg (141.03%), Vitamin K: 36.45µg
(34.72%), Manganese: 0.48mg (23.91%), Fiber: 5.83g (23.31%), Vitamin E: 2.2mg (14.68%), Folate: 52.51µg (13.13%),
Potassium: 380.19mg (10.86%), Copper: 0.21mg (10.34%), Magnesium: 34.86mg (8.71%), Calcium: 86.92mg (8.69%),
Vitamin B1: 0.11mg (7.51%), Phosphorus: 61.13mg (6.11%), Vitamin B2: 0.1mg (5.95%), Vitamin B6: 0.12mg (5.86%),
Vitamin A: 287.23IU (5.74%), Vitamin B5: 0.41mg (4.13%), Vitamin B3: 0.73mg (3.65%), Iron: 0.58mg (3.23%), Zinc:
0.36mg (2.4%), Selenium: 0.86µg (1.23%)