



Plum Compote

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

SAUCE

Ingredients

- 1 cinnamon sticks
- 6 servings whipped cream
- 3 strips orange zest
- 9 plums pitted quartered
- 1 cup red wine
- 1 cup sugar
- 1 cup water

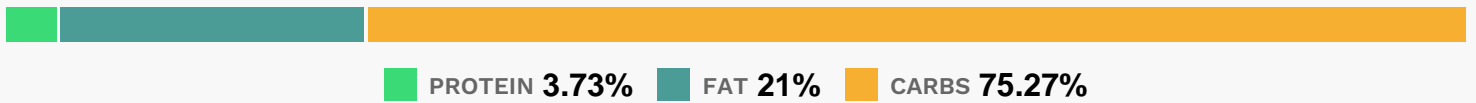
Equipment

- frying pan
- slotted spoon
- tongs

Directions

- In a large skillet, mix sugar with water and bring to a simmer over low heat, stirring until sugar dissolves.
- Add wine, orange zest, cinnamon stick and cloves; continue simmering for 15 minutes.
- Add plums and poach for 5 to 7 minutes, turning fruit over with a spoon or tongs after 3 minutes, until plums are just tender but still hold their shape.
- Using a slotted spoon, remove plums to a serving dish. Raise heat to medium-high and cook syrup until reduced by a third, 5 to 10 minutes longer. Strain to remove spices and pour syrup over plums.
- Serve compote warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:36.48, Inflammation Score:-6, Nutrition Score:6.0147826308789%

Flavonoids

Cyanidin: 5.65mg, Cyanidin: 5.65mg, Cyanidin: 5.65mg, Cyanidin: 5.65mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.81mg, Peonidin: 0.81mg, Peonidin: 0.81mg, Peonidin: 0.81mg Catechin: 5.72mg, Catechin: 5.72mg, Catechin: 5.72mg, Catechin: 5.72mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 4.68mg, Epicatechin: 4.68mg, Epicatechin: 4.68mg, Epicatechin: 4.68mg Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg, Epicatechin 3-gallate: 0.76mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg

0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 346.42kcal (17.32%), Fat: 7.65g (11.77%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 61.7g (20.57%), Net Carbohydrates: 59.49g (21.63%), Sugar: 57.34g (63.71%), Cholesterol: 29.04mg (9.68%), Sodium: 56.78mg (2.47%), Alcohol: 4.24g (100%), Alcohol %: 1.93% (100%), Protein: 3.06g (6.12%), Vitamin C: 10.5mg (12.73%), Vitamin A: 624.03IU (12.48%), Vitamin B2: 0.2mg (11.97%), Manganese: 0.21mg (10.64%), Calcium: 101.79mg (10.18%), Potassium: 341.81mg (9.77%), Phosphorus: 94.82mg (9.48%), Fiber: 2.21g (8.84%), Vitamin K: 6.88µg (6.55%), Magnesium: 21.82mg (5.46%), Vitamin B5: 0.53mg (5.34%), Copper: 0.09mg (4.35%), Vitamin B12: 0.26µg (4.29%), Vitamin B6: 0.09mg (4.25%), Zinc: 0.63mg (4.2%), Vitamin B1: 0.06mg (3.83%), Vitamin E: 0.47mg (3.13%), Vitamin B3: 0.59mg (2.96%), Iron: 0.48mg (2.67%), Folate: 8.84µg (2.21%), Selenium: 1.49µg (2.13%)