



Plum Compote with Star Anise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

SAUCE

Ingredients



1.5 cups cooking wine dry white



0.5 teaspoon juice of lemon



2 pounds and/or plums black red pitted halved (9)



0.5 cup sugar



1.5 cups water



8 star anise whole

Equipment



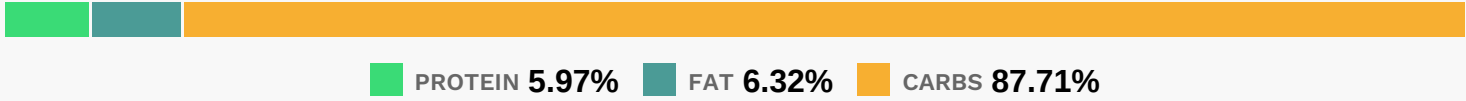
bowl

☐ sauce pan

Directions

- ☐ In a medium stainless-steel saucepan, combine the wine, water, sugar, and star anise and bring to a simmer over moderately high heat.
- ☐ Add the plums. Bring the poaching liquid back to a simmer and cook, partially covered, until the plums are just tender, 10 to 15 minutes.
- ☐ Pour the plums and their liquid into a glass or stainless-steel bowl and let cool. Stir in the lemon juice.
- ☐ Add several strips of orange zest to the saucepan along with the star anise.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:9.95, Inflammation Score:-7, Nutrition Score:7.7004348622716%

Flavonoids

Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg Catechin: 7.84mg, Catechin: 7.84mg, Catechin: 7.84mg, Catechin: 7.84mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 8.41mg, Epicatechin: 8.41mg, Epicatechin: 8.41mg Epicatechin 3-gallate: 1.88mg, Epicatechin 3-gallate: 1.88mg, Epicatechin 3-gallate: 1.88mg, Epicatechin 3-gallate: 1.88mg Epigallocatechin 3-gallate: 0.99mg, Epigallocatechin 3-gallate: 0.99mg, Epigallocatechin 3-gallate: 0.99mg, Epigallocatechin 3-gallate: 0.99mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 194.49kcal (9.72%), Fat: 1.01g (1.56%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 27.83g (10.12%), Sugar: 25.42g (28.25%), Cholesterol: 0mg (0%), Sodium: 9.26mg (0.4%), Alcohol: 9.27g (100%), Alcohol %: 2.74% (100%), Protein: 2.15g (4.3%), Vitamin C: 24.17mg (29.29%), Vitamin A: 859.86IU (17.2%), Vitamin K: 16.19µg (15.42%), Fiber: 3.76g (15.03%), Manganese: 0.28mg (14%), Potassium: 481.82mg (13.77%), Copper: 0.18mg (8.86%), Iron: 1.4mg (7.8%), Magnesium: 30.64mg (7.66%), Vitamin B6: 0.13mg (6.5%),

Phosphorus: 64.64mg (6.46%), Vitamin B3: 1.19mg (5.95%), Vitamin B1: 0.08mg (5.38%), Vitamin B2: 0.08mg (4.92%), Vitamin E: 0.64mg (4.29%), Vitamin B5: 0.39mg (3.91%), Calcium: 38.56mg (3.86%), Folate: 13.6µg (3.4%), Zinc: 0.47mg (3.14%)