



Poached apricots with rosewater



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g golden caster sugar
- ☐ 400 g apricots ripe halved
- ☐ 3 drops rosewater
- ☐ 2 servings greek yogurt
- ☐ 1 handful pistachios roughly chopped

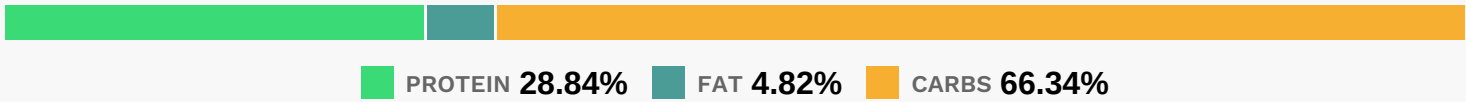
Equipment

- ☐ frying pan

Directions

- ☐ Put the sugar into a medium pan with 150ml water.
- ☐ Heat gently until the sugar dissolves, then add the apricots and simmer for 15 mins until soft. Take off the heat, splash in the rosewater and leave to cool. Spoon into glasses to serve, topped with a few dollops of the yogurt and a scattering of nuts.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:7.6, Inflammation Score:-10, Nutrition Score:17.602608659993%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 9.48mg, Epicatechin: 9.48mg, Epicatechin: 9.48mg, Epicatechin: 9.48mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 315.81kcal (15.79%), Fat: 1.75g (2.69%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 50.09g (18.21%), Sugar: 49.31g (54.79%), Cholesterol: 10mg (3.33%), Sodium: 81mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.06%), Vitamin A: 3862.07IU (77.24%), Vitamin B2: 0.64mg (37.81%), Phosphorus: 321.45mg (32.15%), Selenium: 20.33µg (29.05%), Calcium: 269.27mg (26.93%), Vitamin C: 20.03mg (24.28%), Potassium: 838.38mg (23.95%), Vitamin B12: 1.4µg (23.33%), Fiber: 4.05g (16.21%), Vitamin B6: 0.25mg (12.74%), Vitamin E: 1.81mg (12.08%), Vitamin B5: 1.18mg (11.78%), Magnesium: 44.85mg (11.21%), Copper: 0.21mg (10.41%), Zinc: 1.48mg (9.86%), Manganese: 0.19mg (9.7%), Vitamin B3: 1.66mg (8.28%), Folate: 32.51µg (8.13%), Vitamin B1: 0.11mg (7.22%), Vitamin K: 6.6µg (6.29%), Iron: 1.12mg (6.21%)