



Quick summer compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



117 kcal

SAUCE

Ingredients

- ☐ 500 g berries mixed (blackcurrants, blueberries, raspberries, redcurrants, strawberries)
- ☐ 50 g brown sugar
- ☐ 1 vanilla pod
- ☐ 1 cinnamon sticks
- ☐ 2 sprigs mint leaves fresh

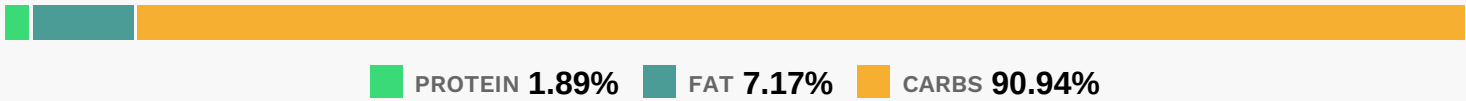
Equipment

- ☐ frying pan

Directions

- ☐ If using strawberries, hull, halve or quarter to make them a similar size to the other berries. Tip all the fruits into a large pan with 2–3 tbsp water, sugar to taste and your choice of flavourings.
- ☐ Bring to the boil then simmer for 3–5 mins. Don't overcook, or the fruits will not hold their shape. Keeps in the fridge for up to 2 days, in the freezer for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:4.1326087480006%

Flavonoids

Cyanidin: 5.45mg, Cyanidin: 5.45mg, Cyanidin: 5.45mg, Cyanidin: 5.45mg Petunidin: 22.7mg, Petunidin: 22.7mg, Petunidin: 22.7mg, Petunidin: 22.7mg Delphinidin: 26.99mg, Delphinidin: 26.99mg, Delphinidin: 26.99mg, Delphinidin: 26.99mg Malvidin: 62.06mg, Malvidin: 62.06mg, Malvidin: 62.06mg, Malvidin: 62.06mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 2.2mg, Myricetin: 2.2mg, Myricetin: 2.2mg, Myricetin: 2.2mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 116.7kcal (5.83%), Fat: 1g (1.54%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 24.73g (8.99%), Sugar: 22.71g (25.23%), Cholesterol: 0mg (0%), Sodium: 4.99mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin K: 20.77µg (19.78%), Manganese: 0.35mg (17.52%), Fiber: 3.88g (15.52%), Vitamin E: 0.62mg (4.14%), Vitamin B6: 0.08mg (4.05%), Vitamin C: 3.32mg (4.02%), Vitamin B3: 0.68mg (3.42%), Calcium: 30.36mg (3.04%), Vitamin B2: 0.05mg (2.82%), Vitamin B1: 0.04mg (2.71%), Copper: 0.05mg (2.59%), Potassium: 90.74mg (2.59%), Folate: 9.5µg (2.37%), Iron: 0.41mg (2.29%), Magnesium: 8.3mg (2.08%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 81.32IU (1.63%), Phosphorus: 15.18mg (1.52%)