



Quince And Cranberry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



346 kcal

SAUCE

Ingredients

- ☐ 2 cups apple juice
- ☐ 1 cinnamon sticks
- ☐ 12 ounce cranberries
- ☐ 1 pound quinces--peeled cored cut into 3/4-inch pieces
- ☐ 0.5 cup sugar

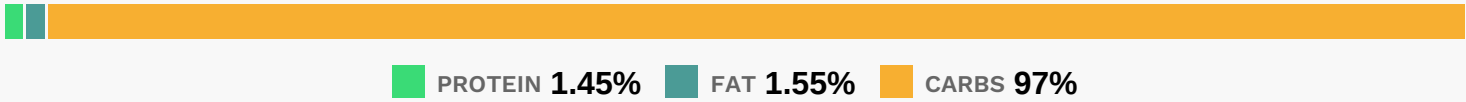
Equipment

- ☐ sauce pan

Directions

- ☐ In a heavy medium saucepan, combine the apple juice with the sugar and cinnamon stick and bring to a boil, stirring to dissolve the sugar.
- ☐ Add the quinces and cook over moderate heat, stirring occasionally, until tender, about 30 minutes.
- ☐ Add the cranberries and bring to a simmer. Cook until the compote is thick, about 20 minutes. Discard the cinnamon stick before serving.
- ☐ Make Ahead: The quince compote can be refrigerated in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:65.28, Glycemic Load:42.14, Inflammation Score:-5, Nutrition Score:9.7600000889405%

Flavonoids

Cyanidin: 52.68mg, Cyanidin: 52.68mg, Cyanidin: 52.68mg, Cyanidin: 52.68mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.53mg, Myricetin: 7.53mg, Myricetin: 7.53mg, Myricetin: 7.53mg Quercetin: 17.79mg, Quercetin: 17.79mg, Quercetin: 17.79mg, Quercetin: 17.79mg

Nutrients (% of daily need)

Calories: 345.61kcal (17.28%), Fat: 0.63g (0.98%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 89.56g (29.85%), Net Carbohydrates: 81.66g (29.69%), Sugar: 54.04g (60.04%), Cholesterol: 0mg (0%), Sodium: 15.38mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 40.09mg (48.59%), Manganese: 0.74mg (36.78%), Fiber: 7.91g (31.62%), Potassium: 561.26mg (16.04%), Copper: 0.29mg (14.31%), Vitamin E: 1.54mg (10.27%), Iron: 1.63mg (9.06%), Vitamin B6: 0.16mg (7.84%), Magnesium: 27.87mg (6.97%), Vitamin B2: 0.1mg (6.06%), Vitamin K: 6.03µg (5.75%), Vitamin B5: 0.54mg (5.42%), Vitamin B1: 0.08mg (5.25%), Calcium: 50.95mg (5.1%), Phosphorus: 50.5mg (5.05%), Vitamin B3: 0.55mg (2.77%), Vitamin A: 133.61IU (2.67%), Selenium: 1.42µg

(2.03%), Zinc: 0.22mg (1.47%), Folate: 5.74µg (1.43%)