



Quince Poached in Cardamom Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 6 cardamom pods green crushed
- ☐ 4 slices optional: lemon (1/4-inch-thick)
- ☐ 4 slices cranberry-orange relish (1/4-inch-thick)
- ☐ 4 quinces (2 pounds total)
- ☐ 2 cups sugar
- ☐ 6 cups water

Equipment

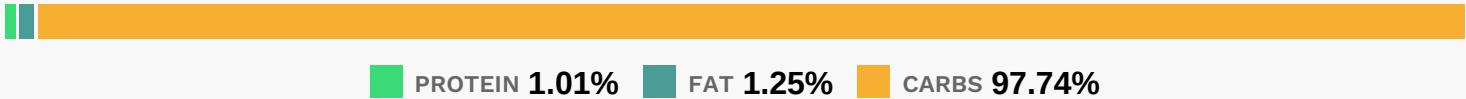
- ☐ bowl

- ☐ baking paper
- ☐ pot

Directions

- ☐ Peel quinces, then quarter and core. Cover with water in a bowl (to prevent discoloration).
- ☐ Bring water, sugar, citrus slices, and cardamom pods to a simmer in a small pot, stirring until sugar has dissolved.
- ☐ Cut quince quarters into 1/4-inch-thick wedges and add to syrup. Return to a simmer and cover quince with a round of parchment paper. Simmer until quince is just tender, about 45 minutes. Discard citrus slices. Cool quince in syrup to room temperature, about 1 hour (color will deepen). Discard cardamom pods.
- ☐ Quince in syrup is best the day it is made but can be kept, chilled, 2 weeks.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:40.57, Inflammation Score:-2, Nutrition Score:4.6860869497709%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 265.88kcal (13.29%), Fat: 0.39g (0.6%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 69.27g (23.09%), Net Carbohydrates: 66.44g (24.16%), Sugar: 50.64g (56.27%), Cholesterol: 0mg (0%), Sodium: 14.23mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 22.84mg (27.69%), Manganese: 0.42mg (21.24%), Fiber: 2.83g (11.33%), Copper: 0.19mg (9.45%), Potassium: 257.89mg (7.37%), Iron: 1.05mg (5.85%), Magnesium: 15.23mg (3.81%), Vitamin B2: 0.05mg (2.92%), Vitamin B6: 0.06mg (2.78%), Calcium: 27.71mg (2.77%), Phosphorus: 23.42mg (2.34%), Vitamin B1: 0.03mg (2.2%), Selenium: 1.03µg (1.47%), Folate: 5.88µg (1.47%), Vitamin B3: 0.27mg (1.33%), Zinc: 0.19mg (1.25%), Vitamin A: 61.72IU (1.23%), Vitamin B5: 0.12mg (1.16%)