



Rhubarb and Strawberry Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



12

CALORIES



74 kcal

SAUCE

Ingredients

- 0.8 cup granulated sugar
- 4 teaspoons lemon grass finely chopped (from a 4-inch piece)
- 0.3 cup orange juice freshly squeezed (from 1 medium orange)
- 1.5 pounds rhubarb ends trimmed sliced into 1/2-inch pieces
- 3 cups strawberries hulled quartered
- 1 vanilla extract split

Equipment

- bowl

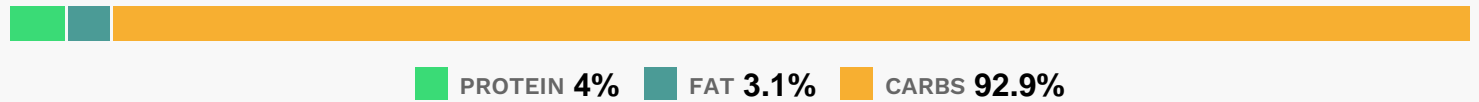
frying pan

sauce pan

Directions

- Place the rhubarb, orange juice, lemongrass, and 1/2 cup of the sugar in a medium, nonreactive bowl; toss to evenly combine, then set aside at room temperature for 10 to 15 minutes. Meanwhile, place the remaining 1/4 cup sugar, strawberries, and vanilla pod and seeds in a small bowl; toss to evenly combine, then set aside at room temperature for 10 to 15 minutes.
- Transfer the rhubarb mixture to a medium saucepan over medium heat. Cook, stirring occasionally, until the mixture starts to bubble and the rhubarb releases its juices, about 5 minutes. Reduce the heat to medium low, cover the pan, and simmer, stirring occasionally, until the rhubarb starts breaking apart, about 5 minutes. Stir the strawberry mixture into the rhubarb mixture and simmer uncovered for an additional 5 minutes. (Don't stir too often—you want the strawberries to hold their shape.)
- Remove from the heat, discard the vanilla pod, and set aside to cool. Refrigerate the cooled compote in a container with a tightfitting lid for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:10.02, Inflammation Score:-2, Nutrition Score:4.7069564720859%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.01mg, Gallocatechin:
0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 74.45kcal (3.72%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 18.42g (6.14%), Net
Carbohydrates: 16.67g (6.06%), Sugar: 15.3g (17%), Cholesterol: 0mg (0%), Sodium: 2.83mg (0.12%), Alcohol: 0.03g
(100%), Alcohol %: 0.03% (100%), Protein: 0.79g (1.59%), Vitamin C: 28.3mg (34.3%), Vitamin K: 17.41µg (16.58%),
Manganese: 0.27mg (13.45%), Fiber: 1.75g (7%), Potassium: 231.49mg (6.61%), Calcium: 55.44mg (5.54%), Folate:
14.41µg (3.6%), Magnesium: 12.26mg (3.07%), Phosphorus: 17.8mg (1.78%), Iron: 0.32mg (1.76%), Vitamin E: 0.26mg
(1.73%), Vitamin B2: 0.03mg (1.73%), Vitamin B3: 0.33mg (1.67%), Copper: 0.03mg (1.66%), Vitamin B1: 0.02mg
(1.66%), Vitamin B6: 0.03mg (1.64%), Vitamin A: 72.51IU (1.45%), Selenium: 0.85µg (1.21%), Vitamin B5: 0.1mg (1.03%)