



Rhubarb and Strawberry Compote with Fresh Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



3

CALORIES



271 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 3 cups rhubarb fresh (cut from 1 pound)
- ☐ 1 pint strawberries fresh hulled halved
- ☐ 0.8 cup sugar
- ☐ 0.3 cup water

Equipment

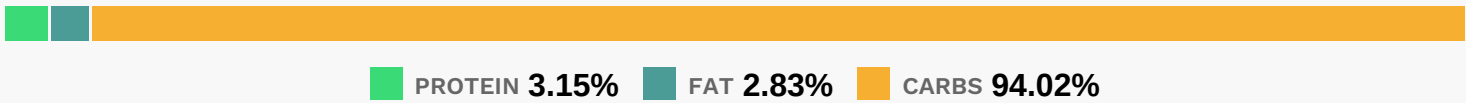
- ☐ bowl

☐ sauce pan

Directions

- ☐ Combine rhubarb, sugar, and 1/4 cup water in heavy large saucepan over medium heat. Bring to simmer, stirring occasionally, until sugar dissolves, about 3 minutes. Simmer gently until rhubarb is tender but not falling apart, stirring occasionally, about 7 minutes.
- ☐ Remove from heat. Stir in strawberries.
- ☐ Transfer to bowl and stir in mint. Chill until cold, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:41.03, Glycemic Load:38.92, Inflammation Score:-7, Nutrition Score:13.724347653596%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 7.55mg, Catechin: 7.55mg, Catechin: 7.55mg, Catechin: 7.55mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Epicatechin 3-gallate: 0.97mg, Epicatechin 3-gallate: 0.97mg, Epicatechin 3-gallate: 0.97mg, Epicatechin 3-gallate: 0.97mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 270.93kcal (13.55%), Fat: 0.91g (1.4%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 67.95g (22.65%), Net Carbohydrates: 62.33g (22.67%), Sugar: 58.95g (65.51%), Cholesterol: 0mg (0%), Sodium: 8.98mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin C: 103.56mg (125.53%), Manganese:

0.89mg (44.46%), Vitamin K: 39.22µg (37.35%), Fiber: 5.62g (22.47%), Potassium: 612.65mg (17.5%), Calcium: 139.35mg (13.93%), Folate: 50.19µg (12.55%), Magnesium: 38.01mg (9.5%), Iron: 1.11mg (6.16%), Copper: 0.12mg (5.95%), Phosphorus: 57.37mg (5.74%), Vitamin A: 284.97IU (5.7%), Vitamin B6: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.27%), Vitamin E: 0.79mg (5.25%), Vitamin B3: 1.03mg (5.16%), Vitamin B1: 0.06mg (4.33%), Selenium: 2.27µg (3.25%), Vitamin B5: 0.31mg (3.12%), Zinc: 0.39mg (2.58%)