



Rhubarb Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

SAUCE

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 garlic clove pressed
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 cup red wine vinegar
- ☐ 3 cups rhubarb fresh diced
- ☐ 0.5 cup water

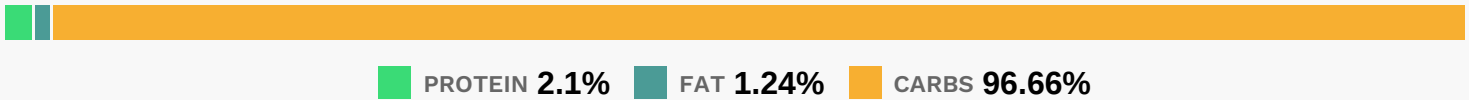
Equipment

☐ sauce pan

Directions

☐ Stir together all ingredients in a 3-quart saucepan; bring to a boil. Reduce heat, and simmer, stirring occasionally, 40 minutes or until mixture thickens and is reduced by half.

Nutrition Facts



Properties

Glycemic Index:21.35, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:3.0334783222364%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 120.85kcal (6.04%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 28.6g (10.4%), Sugar: 26.89g (29.88%), Cholesterol: 0mg (0%), Sodium: 10.51mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin K: 17.88µg (17.03%), Vitamin C: 6.65mg (8.05%), Manganese: 0.15mg (7.61%), Calcium: 70.86mg (7.09%), Potassium: 218.71mg (6.25%), Fiber: 1.14g (4.57%), Magnesium: 10.82mg (2.7%), Iron: 0.38mg (2.09%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.59%), Selenium: 1.02µg (1.46%), Folate: 5.35µg (1.34%), Vitamin B2: 0.02mg (1.26%), Vitamin A: 62.49IU (1.25%), Phosphorus: 12.33mg (1.23%), Vitamin E: 0.17mg (1.16%), Vitamin B3: 0.22mg (1.09%)