



Rhubarb, Pear, and Apple Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



104 kcal

SAUCE

Ingredients

- ☐ 1 cup purée of usa bartlett pear cubed peeled
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 cup gala apple cubed peeled
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 pound rhubarb 1-inch-thick ()
- ☐ 0.5 cup sugar

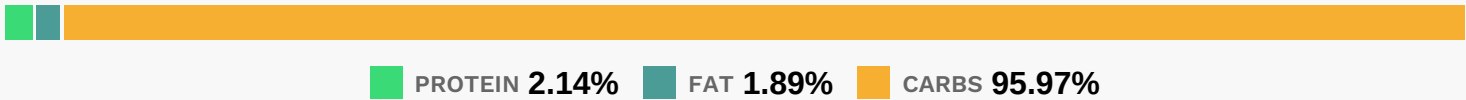
Equipment

☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a medium saucepan; bring to a boil over medium-high heat. Reduce heat, and simmer 3 minutes.
- ☐ Add apple, and cook 2 minutes.
- ☐ Add pear; cook 1 minute or until fruit is tender, stirring gently.
- ☐ Remove from heat; cool. Discard cinnamon stick.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:14.23, Inflammation Score:-2, Nutrition Score:3.1600000029025%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 104.05kcal (5.2%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 24.05g (8.75%), Sugar: 22.36g (24.84%), Cholesterol: 0mg (0%), Sodium: 2.29mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin C: 10.65mg (12.91%), Vitamin K: 12.61µg (12.01%), Manganese: 0.19mg (9.7%), Fiber: 2.27g (9.08%), Potassium: 178.94mg (5.11%), Calcium: 43.54mg (4.35%), Magnesium: 8.54mg (2.13%), Copper: 0.04mg (1.99%), Folate: 7.91µg (1.98%), Vitamin B2: 0.03mg (1.74%), Vitamin A: 80.13IU (1.6%), Vitamin B1: 0.02mg (1.58%), Vitamin B6: 0.03mg (1.47%), Iron: 0.23mg (1.29%), Phosphorus:

12.35mg (1.24%), Vitamin E: 0.19mg (1.24%), Vitamin B3: 0.22mg (1.11%)