



Rum-Spiked Winter Compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SAUCE

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 2 cups cranberries fresh
- ☐ 2.5 cups grapefruit sections (3 grapefruit)
- ☐ 2.5 cups orange sections (7 tangerines)
- ☐ 0.5 cup rum white
- ☐ 1 cup water

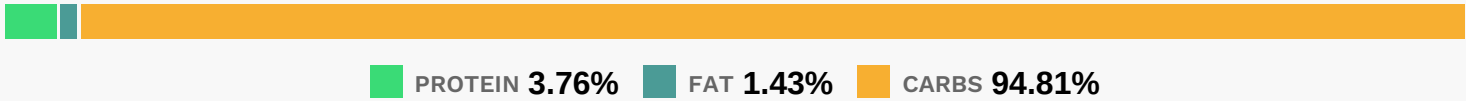
Equipment

sauce pan

Directions

- Combine first 5 ingredients in a medium saucepan, and bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until the cranberries pop.
- Add fruit sections; stir gently. Cover and simmer 4 minutes or until thoroughly heated. Discard cinnamon sticks.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.56, Glycemic Load:4.84, Inflammation Score:-8, Nutrition Score:7.6073911760164%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 15.58mg, Hesperetin: 15.58mg, Hesperetin: 15.58mg, Hesperetin: 15.58mg Naringenin: 32.08mg, Naringenin: 32.08mg, Naringenin: 32.08mg, Naringenin: 32.08mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 157.19kcal (7.86%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 27.66g (10.06%), Sugar: 24.64g (27.37%), Cholesterol: 0mg (0%), Sodium: 6.07mg (0.26%), Alcohol: 5.01g (100%), Alcohol %: 2.99% (100%), Protein: 1.25g (2.5%), Vitamin C: 55.88mg (67.74%), Vitamin A: 970.71IU (19.41%), Fiber: 3.86g (15.46%), Manganese: 0.28mg (14.21%), Potassium: 241.2mg (6.89%), Folate: 26.66µg (6.66%), Calcium: 61.38mg (6.14%), Vitamin B1: 0.08mg (5.6%), Vitamin B6: 0.09mg (4.66%), Vitamin B5: 0.42mg (4.24%), Copper: 0.08mg (3.98%), Magnesium: 15.65mg (3.91%), Vitamin E: 0.55mg (3.63%), Vitamin B2: 0.05mg (2.98%), Phosphorus: 25.27mg (2.53%), Iron: 0.35mg (1.93%), Vitamin B3: 0.36mg (1.8%), Vitamin K: 1.52µg (1.45%)