



Savory Cherry Compote



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



182 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 tablespoons shallots red minced (can sub onion)
- ☐ 2.5 cups cherries sweet pitted quartered
- ☐ 1 cup walnuts chopped
- ☐ 1 teaspoon rosemary fresh minced
- ☐ 8 servings salt and pepper to taste
- ☐ 0.3 cup cherry juice (or water)
- ☐ 1 tablespoon honey

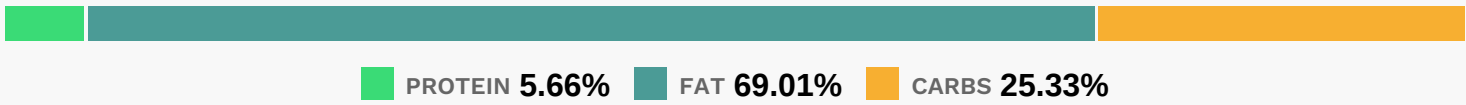
Equipment

☐ frying pan

Directions

- ☐ Heat the olive oil in a pan in a frying pan on medium heat.
- ☐ Add the shallots and cook them until they just begin to color on the edges, about 2–3 minutes. Stir a few times while they’re cooking.
- ☐ Add the walnuts, rosemary and cherries and stir everything to combine. Turn the heat down to medium and cook until the cherries are soft, about 4–5 minutes, stirring occasionally.
- ☐ Add a little black pepper and taste for salt.
- ☐ Pour in the Port, wine, kirsch or cassis and the honey, and stir again. Boil this down slowly until the softening cherries and the liquid cook down to a syrupy texture.

Nutrition Facts



Properties

Glycemic Index:15.16, Glycemic Load:2.7, Inflammation Score:-2, Nutrition Score:4.7630435021027%

Flavonoids

Cyanidin: 13.42mg, Cyanidin: 13.42mg, Cyanidin: 13.42mg, Cyanidin: 13.42mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 182.21kcal (9.11%), Fat: 14.88g (22.88%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 10.35g (3.76%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 195.01mg (8.48%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Manganese: 0.54mg (26.77%), Copper: 0.26mg (13.03%), Fiber: 1.93g (7.74%), Magnesium: 28.17mg (7.04%), Phosphorus: 60.5mg (6.05%), Vitamin E: 0.89mg (5.93%), Vitamin B6: 0.1mg (5.17%), Potassium: 178.02mg (5.09%), Vitamin K: 4.47µg (4.26%), Vitamin B1: 0.06mg (4.18%), Folate: 16.6µg (4.15%), Vitamin C: 3.41mg (4.13%), Iron: 0.67mg (3.74%), Zinc: 0.49mg (3.28%), Vitamin B2: 0.04mg (2.23%), Calcium: 21.5mg (2.15%), Vitamin B5: 0.17mg (1.74%), Vitamin B3: 0.24mg (1.18%), Selenium: 0.75µg (1.07%)