



Spiced Honeyed Apricots



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 6 apricots fresh pitted halved
- ☐ 1 cinnamon sticks
- ☐ 2 tablespoons honey
- ☐ 1 teaspoons juice of lemon fresh
- ☐ 2 strips orange zest
- ☐ 2 star anise
- ☐ 0.3 cup sugar
- ☐ 1.5 cups water

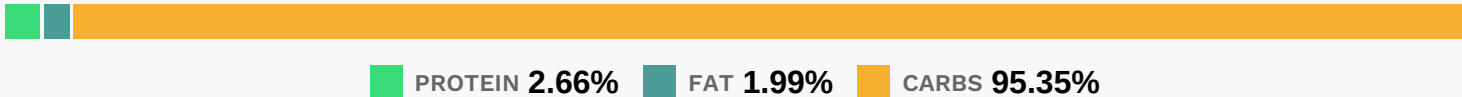
Equipment

☐ sauce pan

Directions

- ☐ Simmer first 6 ingredients (through star anise) in a medium saucepan until reduced by half (15–20 minutes). Stir in the apricots, and simmer 3 minutes; cool to room temperature (about 1 hour).
- ☐ Remove star anise and cinnamon stick.
- ☐ Add lemon juice to taste.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:6.52, Inflammation Score:-6, Nutrition Score:3.4504348104415%

Flavonoids

Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 128.23kcal (6.41%), Fat: 0.3g (0.46%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 30.61g (11.13%), Sugar: 30.05g (33.39%), Cholesterol: 0mg (0%), Sodium: 6.08mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin A: 1017.46IU (20.35%), Manganese: 0.22mg (11.05%), Vitamin C: 6.6mg (8.01%), Fiber: 1.67g (6.66%), Potassium: 159.59mg (4.56%), Copper: 0.07mg (3.43%), Vitamin E: 0.49mg (3.27%), Iron: 0.57mg (3.18%), Calcium: 24.99mg (2.5%), Magnesium: 8.24mg (2.06%), Vitamin K: 2.01µg (1.91%), Vitamin B6: 0.04mg (1.85%), Vitamin B3: 0.36mg (1.8%), Vitamin B2: 0.03mg (1.61%), Phosphorus: 15.63mg (1.56%), Vitamin B5: 0.14mg (1.44%), Folate: 5.44µg (1.36%), Vitamin B1: 0.02mg (1.24%), Zinc: 0.19mg (1.24%)