



Strawberry-Blueberry Compote in Red Wine Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 1 cup blueberries
- ☐ 1 cinnamon sticks
- ☐ 1 cup cooking wine dry red
- ☐ 2 strips orange rind (2 1/2-inch)
- ☐ 4 cups strawberries sliced

☐ 0.3 cup sugar

Equipment

☐ bowl

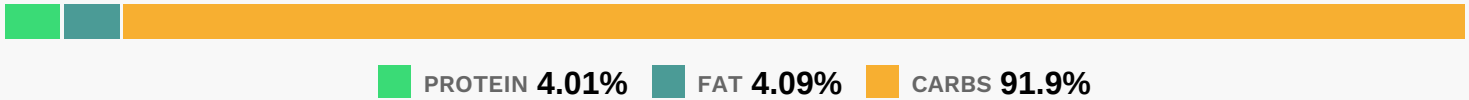
☐ sauce pan

☐ colander

Directions

- ☐ Combine first 6 ingredients in a small nonaluminum saucepan; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes or until liquid is reduced to 1/2 cup.
- ☐ Drain wine mixture in a colander over a large bowl; discard solids.
- ☐ Add berries; toss to coat.
- ☐ Serve warm or chill up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:6.93, Inflammation Score:-4, Nutrition Score:5.3691303846629%

Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Petunidin: 6.91mg, Petunidin: 6.91mg, Petunidin: 6.91mg, Petunidin: 6.91mg Delphinidin: 8.03mg, Delphinidin: 8.03mg, Delphinidin: 8.03mg, Delphinidin: 8.03mg Malvidin: 20.38mg, Malvidin: 20.38mg, Malvidin: 20.38mg, Malvidin: 20.38mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 4.34mg, Peonidin: 4.34mg, Peonidin: 4.34mg, Peonidin: 4.34mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 84.6kcal (4.23%), Fat: 0.31g (0.48%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 13.6g (4.95%), Sugar: 11.61g (12.9%), Cholesterol: 0mg (0%), Sodium: 1.08mg (0.05%), Alcohol: 3.15g (100%), Alcohol %: 3.13% (100%), Protein: 0.69g (1.38%), Vitamin C: 44.49mg (53.93%), Manganese: 0.45mg (22.64%), Fiber: 2.22g (8.86%), Vitamin K: 5.74µg (5.47%), Folate: 18.56µg (4.64%), Potassium: 130.67mg (3.73%), Magnesium: 11.27mg (2.82%), Copper: 0.05mg (2.55%), Iron: 0.42mg (2.34%), Vitamin B6: 0.05mg (2.28%), Vitamin E: 0.33mg (2.19%), Phosphorus: 20.28mg (2.03%), Calcium: 18.8mg (1.88%), Vitamin B3: 0.37mg (1.83%), Vitamin B1: 0.02mg (1.65%), Vitamin B2: 0.03mg (1.5%), Vitamin B5: 0.12mg (1.2%)