



HEALTH SCORE

65%

Summer Berry Compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



199 kcal

SAUCE

Ingredients

- ☐ 1 pint blackberries fresh rinsed drained
- ☐ 1 pint blueberries rinsed drained
- ☐ 3 tablespoons fennel greens chopped
- ☐ 1 pint raspberries fresh
- ☐ 1 pint currants red
- ☐ 1 pint strawberries quartered
- ☐ 1 tablespoon sugar white

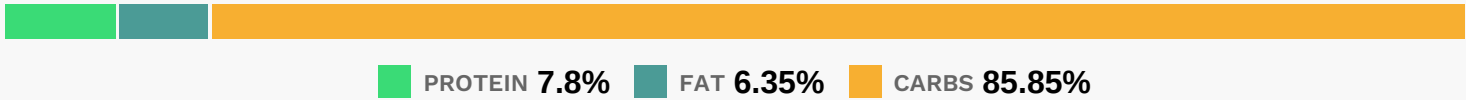
Equipment

☐ bowl

Directions

- ☐ In a large bowl combine strawberries, blueberries, blackberries, raspberries and currants.
- ☐ Sprinkle with sugar and gently stir in fennel. Refrigerate for about 20 minutes.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:9.1, Inflammation Score:-8, Nutrition Score:20.918261061544%

Flavonoids

Cyanidin: 122.92mg, Cyanidin: 122.92mg, Cyanidin: 122.92mg, Cyanidin: 122.92mg Petunidin: 25.2mg, Petunidin: 25.2mg, Petunidin: 25.2mg, Petunidin: 25.2mg Delphinidin: 29.23mg, Delphinidin: 29.23mg, Delphinidin: 29.23mg, Delphinidin: 29.23mg Malvidin: 53.41mg, Malvidin: 53.41mg, Malvidin: 53.41mg, Malvidin: 53.41mg Pelargonidin: 20.73mg, Pelargonidin: 20.73mg, Pelargonidin: 20.73mg, Pelargonidin: 20.73mg Peonidin: 16.3mg, Peonidin: 16.3mg, Peonidin: 16.3mg, Peonidin: 16.3mg Catechin: 36.88mg, Catechin: 36.88mg, Catechin: 36.88mg, Catechin: 36.88mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 7.27mg, Epicatechin: 7.27mg, Epicatechin: 7.27mg, Epicatechin: 7.27mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 199.26kcal (9.96%), Fat: 1.57g (2.42%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 31.47g (11.45%), Sugar: 27.14g (30.16%), Cholesterol: 0mg (0%), Sodium: 7.81mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin C: 124.46mg (150.87%), Manganese: 1.77mg (88.41%), Fiber: 16.4g (65.58%), Vitamin K: 52.04µg (49.56%), Potassium: 675.75mg (19.31%), Copper: 0.37mg (18.67%), Folate: 68.24µg (17.06%), Vitamin E: 2.41mg (16.06%), Magnesium: 59.62mg (14.9%), Iron: 2.42mg (13.45%), Phosphorus: 107.01mg (10.7%), Vitamin B6: 0.2mg (10.19%), Calcium: 89.6mg (8.96%), Vitamin B3: 1.74mg (8.71%), Vitamin B2: 0.14mg (8.37%), Vitamin B1: 0.12mg (8.09%), Zinc: 1.18mg (7.88%), Vitamin B5: 0.74mg (7.41%),

Vitamin A: 289.87IU (5.8%), Selenium: 1.4µg (2.01%)