



Tropical Fruit Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

SAUCE

Ingredients

- 1 cup carambola sliced (star fruit)
- 1 stick cinnamon (2-inch)
- 0.1 teaspoon pepper red crushed
- 0.5 inch ginger fresh peeled
- 3 cups mangos ripe cubed peeled (1 large)
- 0.5 teaspoon orange rind grated
- 3 cups papaya cubed peeled (1 small)
- 0.5 cup mirin sweet

- 3 star anise
- 0.5 cup sugar
- 1 cup water

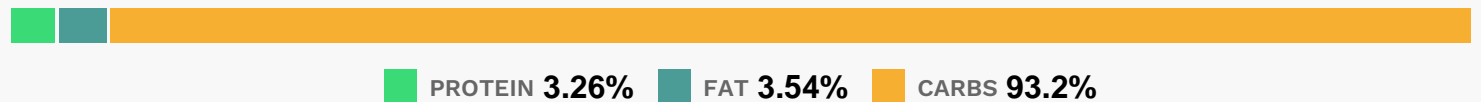
Equipment

- bowl
- sauce pan
- sieve

Directions

- Bring water and sugar to a boil in a medium saucepan; cook 3 minutes or until sugar dissolves.
- Add pepper, ginger, anise, and cinnamon. Reduce heat; cook until reduced to 1/2 cup (about 20 minutes).
- Remove from heat; stir in wine and rind. Cool completely. Strain mixture through a small sieve over a bowl; discard solids.
- Combine wine mixture and fruit in a bowl, and toss gently. Chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:9.88, Inflammation Score:-8, Nutrition Score:10.646956480068%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 173.19kcal (8.66%), Fat: 0.67g (1.02%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 35.9g (13.06%), Sugar: 34.4g (38.22%), Cholesterol: 0mg (0%), Sodium: 11.24mg (0.49%), Alcohol: 2.06g (100%), Alcohol %: 1.03% (100%), Protein: 1.38g (2.76%), Vitamin C: 80.61mg (97.71%), Vitamin A: 1587.4IU (31.75%), Folate: 64.43µg (16.11%), Fiber: 3.55g (14.21%), Manganese: 0.23mg (11.73%), Potassium: 327.6mg (9.36%), Copper: 0.17mg (8.51%), Magnesium: 29.43mg (7.36%), Vitamin B6: 0.14mg (7.24%), Vitamin E: 1.02mg (6.78%), Vitamin K: 5.59µg (5.33%), Vitamin B3: 0.94mg (4.69%), Vitamin B5: 0.4mg (4%), Calcium: 38.29mg (3.83%), Iron: 0.69mg (3.81%), Vitamin B2: 0.06mg (3.48%), Vitamin B1: 0.05mg (3.04%), Phosphorus: 27.89mg (2.79%), Selenium: 1.12µg (1.61%), Zinc: 0.23mg (1.54%)