



Vanilla Pineapple Compote



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



234 kcal

SAUCE

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.5 juice of lemon juiced
- ☐ 1 pineapple ripe cut into bite-size wedges
- ☐ 1 cup rum
- ☐ 2 vanilla beans split
- ☐ 1.5 cups water

Equipment

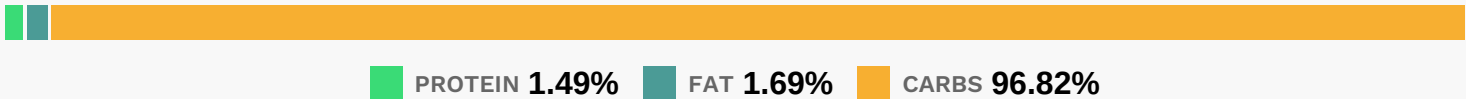
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the brown sugar, water, rum, and vanilla beans in a saucepan. Squeeze the lemon juice into the pan. Stir to combine the ingredients and bring to a simmer.
- ☐ Add the pineapple and stir until well mixed. Simmer until the liquid has reduced to a syrupy consistency and the pineapple is soft.
- ☐ Let cool and serve as an accoutrement to yummy desserts like goat cheese cheesecake!

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:7.871304296281%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 233.71kcal (11.69%), Fat: 0.33g (0.5%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 42.24g (14.08%), Net Carbohydrates: 40.65g (14.78%), Sugar: 37.87g (42.07%), Cholesterol: 0mg (0%), Sodium: 11.37mg (0.49%), Alcohol: 10.02g (100%), Alcohol %: 5.82% (100%), Protein: 0.65g (1.3%), Vitamin C: 54.8mg (66.42%), Manganese: 1.07mg (53.59%), Copper: 0.15mg (7.55%), Vitamin B6: 0.14mg (6.96%), Fiber: 1.59g (6.36%), Vitamin B1: 0.09mg (6.11%), Folate: 21.01µg (5.25%), Potassium: 162.41mg (4.64%), Magnesium: 16.61mg (4.15%), Calcium: 38.97mg (3.9%), Vitamin B3: 0.6mg (3.01%), Iron: 0.54mg (2.98%), Vitamin B5: 0.28mg (2.8%), Vitamin B2: 0.04mg (2.22%), Vitamin A: 65.72IU (1.31%), Phosphorus: 11.5mg (1.15%), Zinc: 0.16mg (1.08%)