

# Warm Fruit Compote

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



181 kcal

SAUCE

## Ingredients

- 4 teaspoons coconut flakes flaked
- 2 cups grapes seedless
- 3 tablespoons orange marmalade
- 20 ounces pineapple chunks unsweetened canned

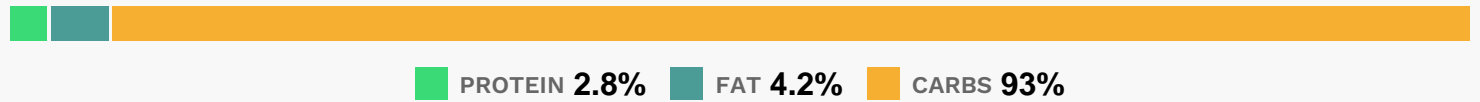
## Equipment

- sauce pan
- broiler

## Directions

- Drain pineapple, reserving 2/3 cup juice.
- Combine the pineapple and grapes in a shallow 1-qt. broiler-proof dish.
- In a saucepan, combine marmalade and reserved pineapple juice; cook over medium heat until the marmalade is melted.
- Pour over fruit.
- Sprinkle with coconut.
- Broil 5-6 in. from the heat for 3 minutes or until coconut is toasted.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:5.97, Inflammation Score:-3, Nutrition Score:5.5052173228368%

## Nutrients (% of daily need)

Calories: 180.64kcal (9.03%), Fat: 0.92g (1.42%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 45.9g (15.3%), Net Carbohydrates: 43.11g (15.68%), Sugar: 40.99g (45.54%), Cholesterol: 0mg (0%), Sodium: 11.7mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 16.48mg (19.97%), Copper: 0.27mg (13.45%), Vitamin B1: 0.2mg (13.2%), Vitamin K: 12.02µg (11.45%), Fiber: 2.79g (11.16%), Potassium: 330.95mg (9.46%), Vitamin B6: 0.18mg (8.85%), Magnesium: 27.75mg (6.94%), Vitamin B2: 0.09mg (5.14%), Manganese: 0.08mg (4.2%), Iron: 0.72mg (4.02%), Calcium: 36.19mg (3.62%), Vitamin B3: 0.56mg (2.79%), Phosphorus: 27.68mg (2.77%), Vitamin A: 130IU (2.6%), Folate: 10.04µg (2.51%), Zinc: 0.22mg (1.47%), Selenium: 0.92µg (1.31%), Vitamin E: 0.19mg (1.23%)