



Winter Fruit Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



218 kcal

SAUCE

Ingredients

- ☐ 2 ruby grapefruits red peeled
- ☐ 4 servings garnish: maraschino cherries with stems
- ☐ 2 oranges peeled
- ☐ 1 cup sparkling wine
- ☐ 0.5 cup sugar

Equipment

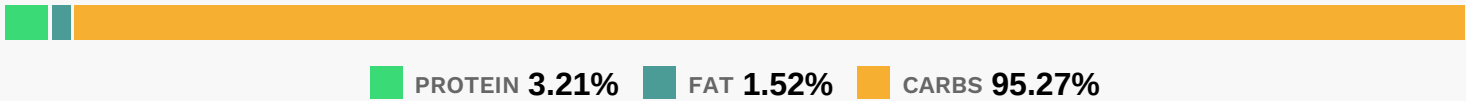
- ☐ bowl
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Cook sugar in a small saucepan over medium heat, tilting pan occasionally, 10 minutes or until caramel colored.
- ☐ Remove from heat, and gradually pour Champagne over sugar (mixture will bubble and seize).
- ☐ Let stand 5 minutes.
- ☐ Cook mixture over medium-low heat, stirring occasionally, 15 minutes or until sugar is dissolved (mixture will be syrupy).
- ☐ Remove from heat, and let cool 30 minutes.
- ☐ Combine grapefruit and orange sections in a bowl.
- ☐ Pour Champagne mixture over fruit. Cover and chill 2 to 24 hours.
- ☐ Garnish, if desired.
- ☐ White Grape Winter Fruit Compote: Substitute white grape juice for Champagne. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:34.4, Glycemic Load:22.98, Inflammation Score:-9, Nutrition Score:9.2408695664743%

Flavonoids

Hesperetin: 18.3mg, Hesperetin: 18.3mg, Hesperetin: 18.3mg, Hesperetin: 18.3mg Naringenin: 51.81mg, Naringenin: 51.81mg, Naringenin: 51.81mg, Naringenin: 51.81mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 217.96kcal (10.9%), Fat: 0.35g (0.54%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 45.34g (16.49%), Sugar: 42.51g (47.24%), Cholesterol: 0mg (0%), Sodium: 4.58mg (0.2%), Alcohol: 3.78g (100%), Alcohol %: 1.69% (100%), Protein: 1.65g (3.31%), Vitamin C: 74.78mg (90.64%), Vitamin A: 1621.63IU (32.43%), Fiber: 3.78g (15.12%), Potassium: 344.83mg (9.85%), Folate: 36.88µg (9.22%), Vitamin B1: 0.11mg (7.47%),

Calcium: 62.62mg (6.26%), Magnesium: 24.17mg (6.04%), Vitamin B6: 0.12mg (5.96%), Vitamin B5: 0.5mg (5.02%),
Vitamin B2: 0.08mg (4.5%), Copper: 0.09mg (4.29%), Phosphorus: 41.21mg (4.12%), Vitamin B3: 0.5mg (2.53%),
Iron: 0.44mg (2.43%), Manganese: 0.05mg (2.31%), Vitamin E: 0.29mg (1.91%), Zinc: 0.2mg (1.32%), Selenium:
0.73µg (1.05%)