



Winter Fruit Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



218 kcal

SAUCE

Ingredients

- ☐ 1 cup apple juice
- ☐ 0.5 cup apricot halves dried quartered
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup figs dried whole sliced
- ☐ 0.3 teaspoon ground cinnamon mccormick®
- ☐ 0.5 teaspoon ground ginger mccormick®
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed

- ☐ 1 teaspoon vanilla extract pure mccormick®
- ☐ 0.3 cup water

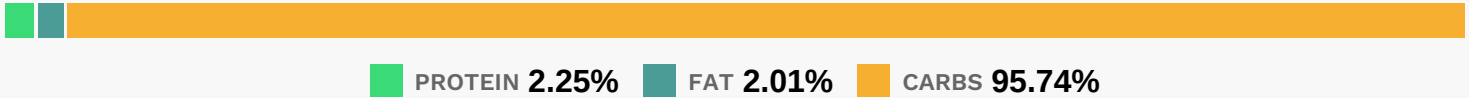
Equipment

- ☐ bowl

Directions

- ☐ Simmer apple juice, brown sugar, water and lemon juice in a small bowl, stirring occasionally until dissolved.
- ☐ Add fruit and seasonings; simmer 5 more minutes or until fruits are plump and liquid is slightly thick.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:27.54, Glycemic Load:8.93, Inflammation Score:-5, Nutrition Score:5.1165217264839%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 217.83kcal (10.89%), Fat: 0.52g (0.8%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 55.78g (18.59%), Net Carbohydrates: 51.73g (18.81%), Sugar: 48.13g (53.48%), Cholesterol: 0mg (0%), Sodium: 11.52mg (0.5%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Protein: 1.31g (2.62%), Manganese: 0.34mg (16.79%), Fiber: 4.05g (16.21%), Potassium: 412.66mg (11.79%), Vitamin A: 588.8IU (11.78%), Vitamin E: 1.1mg (7.36%), Copper: 0.14mg (6.9%), Iron: 1.11mg (6.14%), Magnesium: 23.91mg (5.98%), Calcium: 59.16mg (5.92%), Vitamin K: 4.6µg (4.38%), Vitamin B3: 0.71mg (3.56%), Vitamin B6: 0.07mg (3.46%), Phosphorus: 30.98mg (3.1%), Vitamin C: 2.43mg (2.95%), Vitamin B2:

0.04mg (2.59%), Vitamin B5: 0.25mg (2.53%), Vitamin B1: 0.03mg (2.29%), Zinc: 0.23mg (1.56%), Selenium: 0.93µg (1.33%), Folate: 4.23µg (1.06%)