

PEACH + BASIL COMPOTE

Fresh or frozen peaches work well for this recipe, which makes a tasty, savory-sweet garnish for a cheese board or for grilled meat.

🕒 5 minutes

🕒 20 minutes

🍴 16 portions

INGREDIENTS

- 6 fresh or frozen peaches, peeled and roughly chopped, pits removed
- 1/2 cup brown sugar
- 1 teaspoon ground ginger
- 1 teaspoon vanilla extract (not imitation)
- 5 cardamom pods
- 10 fresh basil leaves, torn

COOKING METHOD

- 1° Combine all ingredients except the basil, and cook over medium heat for 15-20 minutes, or until thickened and reduced to the desired consistency.
- 2° Remove from the heat and add the basil. Stir to combine. Serve warm, at room temperature, or chilled.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (64 g)	% DRI
ENERGY	78 kcal	50 kcal	2 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	3 mg	2 mg	0 %
CARBOHYDRATE	19 g	12 g	4 %
SUGARS	18 g	11 g	—
FIBER	1 g	1 g	4 %
PROTEIN	1 g	1 g	—