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## Rhubarb and Strawberry Compote with Fresh Mint ✦

A delicious and refreshing compote made with rhubarb and strawberries, topped with fresh mint leaves. This compote is perfect for breakfast or as a dessert. It can be enjoyed on its own or served with yogurt or ice cream.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	rhubarb
250 g	Strawberries
100 g	sugar
10 g	Fresh Mint Leaves

## Directions

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### Step 1

Cut

Wash and chop the rhubarb and strawberries.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Stove

In a saucepan, combine the rhubarb, strawberries, and sugar. Cook over medium heat until the fruits are soft and the sugar has dissolved, about 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

Remove from heat and let cool. Once cooled, transfer to a serving dish and garnish with fresh mint leaves.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	24 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Spring Summer

### Events

Christmas Easter Thanksgiving Valentine's Day New Year Back to School  
Barbecue Picnic

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Kitchen Tools

Slow Cooker

### Course

Appetizers Desserts Salads Snacks Sauces & Dressings

### Difficulty Level

Medium

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