



Apple Cider Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

SIDE DISH

SAUCE

Ingredients

- 3 cups apple cider
- 4 cinnamon sticks
- 2.5 cups cranberries fresh
- 1 tablespoon orange zest grated
- 0.8 cup sugar white

Equipment

- sauce pan

Directions

- Combine the apple cider, sugar, cinnamon sticks, orange zest, and cloves in a large saucepan. Bring to a boil over high heat. Turn heat to low; simmer until sugar is dissolved and the flavors are blended, 10 to 15 minutes.
- Stir cranberries into the saucepan, turn heat to high, and bring to a boil. Cook, stirring constantly, until cranberries begin to pop, 5 to 10 minutes. Reduce heat to low, and cook until sauce begins to thicken, about 5 minutes.
- Remove cinnamon sticks and cloves.
- Pour into shallow dish to cool and serve.

Nutrition Facts

PROTEIN 0.9% **FAT 1.54%** **CARBS 97.56%**

Properties

Glycemic Index:13.4, Glycemic Load:12.2, Inflammation Score:-1, Nutrition Score:1.9704347505518%

Flavonoids

Cyanidin: 9.68mg, Cyanidin: 9.68mg, Cyanidin: 9.68mg, Cyanidin: 9.68mg Delphinidin: 1.6mg, Delphinidin: 1.6mg, Delphinidin: 1.6mg, Delphinidin: 1.6mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.24mg, Peonidin: 10.24mg, Peonidin: 10.24mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 88.21kcal (4.41%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 21.14g (7.69%), Sugar: 19.07g (21.18%), Cholesterol: 0mg (0%), Sodium: 3.03mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Manganese: 0.32mg (16.15%), Fiber: 1.54g (6.16%), Vitamin C: 4.17mg (5.06%), Potassium: 82.6mg (2.36%), Vitamin E: 0.31mg (2.06%), Calcium: 19.01mg (1.9%), Vitamin K: 1.41µg (1.34%), Vitamin B6: 0.03mg (1.26%), Iron: 0.23mg (1.26%), Magnesium: 5.01mg (1.25%), Copper: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.05%), Vitamin B2: 0.02mg (1.03%)