

Apple-Cranberry Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

16

CALORIES

calories

94 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 2 cups apples diced
- ☐ 1 tablespoon canola oil
- ☐ 12 ounce cranberries fresh
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 cup port wine
- ☐ 1.3 cups sugar

☐ 0.5 cup water

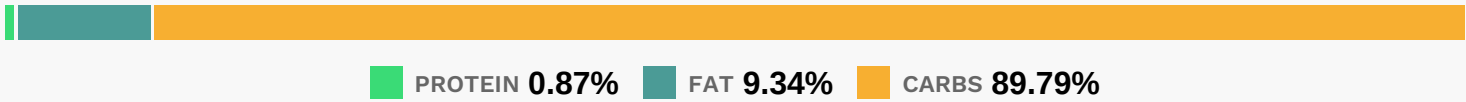
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion, and saut for 4 minutes.
- ☐ Add sugar and the next 4 ingredients (through cranberries); bring to a boil. Reduce heat, and simmer for 8 minutes or until cranberries pop.
- ☐ Remove from heat, and stir in apple and orange rind.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:12.38, Inflammation Score:-1, Nutrition Score:1.3300000040427%

Flavonoids

Cyanidin: 10.12mg, Cyanidin: 10.12mg, Cyanidin: 10.12mg, Cyanidin: 10.12mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 1.78mg, Delphinidin: 1.78mg, Delphinidin: 1.78mg, Delphinidin: 1.78mg Malvidin: 3.65mg, Malvidin: 3.65mg, Malvidin: 3.65mg, Malvidin: 3.65mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.6mg, Peonidin: 10.6mg, Peonidin: 10.6mg, Peonidin: 10.6mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 94.14kcal (4.71%), Fat: 0.99g (1.52%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 20.08g (7.3%), Sugar: 18.63g (20.7%), Cholesterol: 0mg (0%), Sodium: 1.66mg (0.07%), Alcohol: 0.57g (100%), Alcohol %: 1.04% (100%), Protein: 0.21g (0.41%), Vitamin C: 4.41mg (5.34%), Manganese: 0.1mg (5.2%), Fiber: 1.26g (5.03%), Vitamin E: 0.46mg (3.09%), Vitamin K: 2.05µg (1.95%), Potassium: 45.73mg (1.31%), Vitamin B6: 0.03mg (1.26%), Copper: 0.02mg (1.12%)