



Apricot-Cranberry Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



354 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 0.3 cup crystallized ginger finely chopped
- ☐ 0.5 cup apricots dried finely chopped
- ☐ 0.3 cup green onion finely chopped
- ☐ 0.5 cup honey divided
- ☐ 1 cup orange juice

Equipment

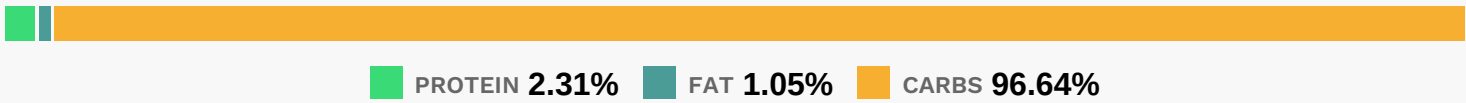
- ☐ bowl

☐ sauce pan

Directions

- ☐ Combine orange juice and 1/2 cup honey in a saucepan; bring to a boil.
- ☐ Add cranberries, bring to a boil, and remove from heat.
- ☐ Drain and let cool.
- ☐ Combine cranberries, 2 tablespoons honey, and remaining ingredients in a medium bowl.

Nutrition Facts



Properties

Glycemic Index:71.56, Glycemic Load:37.12, Inflammation Score:-8, Nutrition Score:12.446087132333%

Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 7.56mg, Myricetin: 7.56mg, Myricetin: 7.56mg, Myricetin: 7.56mg Quercetin: 18.22mg, Quercetin: 18.22mg, Quercetin: 18.22mg, Quercetin: 18.22mg

Nutrients (% of daily need)

Calories: 354.37kcal (17.72%), Fat: 0.44g (0.68%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 92.33g (30.78%), Net Carbohydrates: 86.1g (31.31%), Sugar: 78.84g (87.6%), Cholesterol: 0mg (0%), Sodium: 11.07mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin C: 59.8mg (72.48%), Vitamin K: 29.42µg (28.02%), Manganese: 0.53mg (26.69%), Fiber: 6.23g (24.92%), Vitamin A: 1125.02IU (22.5%), Vitamin E: 2.53mg (16.86%), Potassium: 567.43mg (16.21%), Copper: 0.2mg (10.19%), Folate: 36.34µg (9.09%), Iron: 1.4mg (7.8%), Vitamin B6: 0.15mg (7.45%), Magnesium: 26.18mg (6.55%), Vitamin B5: 0.65mg (6.5%), Vitamin B1: 0.1mg (6.49%), Vitamin B3: 1.13mg (5.67%), Vitamin B2: 0.09mg (5.52%), Phosphorus: 48.28mg (4.83%), Calcium: 41.47mg (4.15%), Zinc: 0.4mg (2.64%), Selenium: 1.19µg (1.7%)