



Baked Cranberry-Orange Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



98 kcal

SAUCE

Ingredients

- ☐ 12 oz cranberries fresh frozen thawed
- ☐ 0.5 cup orange juice (or orange juice)
- ☐ 1 teaspoon orange zest grated
- ☐ 1.3 cups sugar

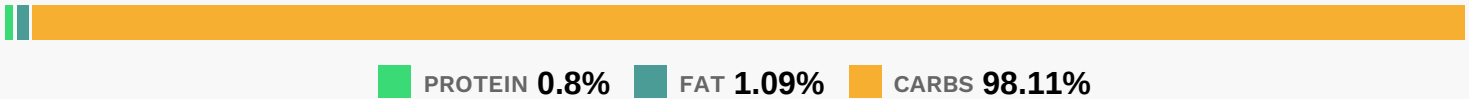
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Sort cranberries, discarding any bruised or decayed fruit. Rinse and drain berries.
- ☐ In an 8- or 9-inch square baking dish, mix cranberries, sugar, liqueur, and orange peel.
- ☐ Bake, uncovered, in a 350 regular or convection oven, stirring occasionally, until berries are tender when pierced and juices are syrupy, about 1 hour.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:16.16, Inflammation Score:-1, Nutrition Score:1.5365217360465%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 98.06kcal (4.9%), Fat: 0.12g (0.19%), Saturated Fat: 0g (0.03%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 24.21g (8.8%), Sugar: 22.87g (25.41%), Cholesterol: 0mg (0%), Sodium: 0.88mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin C: 9.36mg (11.35%), Manganese: 0.1mg (5.22%), Fiber: 1.06g (4.24%), Vitamin E: 0.38mg (2.53%), Vitamin K: 1.43µg (1.36%), Potassium: 44.12mg (1.26%), Copper: 0.02mg (1.1%), Vitamin B5: 0.1mg (1.04%), Vitamin B6: 0.02mg (1.03%)