Baked Cranberry Sauce

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN	SERVINGS	CALORIES
65 min.	16	119 kcal

SIDE DISH SAUCE

Ingredients

- [ ] 0.3 cup brandy
- [ ] 4 cups cranberries fresh
- [ ] 2 cups sugar white

Equipment

- [ ] oven
- [ ] baking pan

Directions

- [ ] Preheat oven to 300 degrees F (150 degrees C).
- [ ] In a baking dish, mix the cranberries and sugar.
- [ ] Bake 1 hour in the preheated oven, stirring often.
- [ ] Mix in the brandy to serve.

Nutrition Facts

PROTEIN **0.41%** FAT **0.9%** CARBS **98.69%**

Properties

Glycemic Index:8.13, Glycemic Load:18.4, Inflammation Score:-1, Nutrition Score:0.944782591222 42%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 119.3kcal (5.97%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.01%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 27g (9.82%), Sugar: 26.02g (28.91%), Cholesterol: 0mg (0%), Sodium: 0.8mg (0.03%), Alcohol: 1.67g (100%), Alcohol %: 3.85% (100%), Protein: 0.12g (0.23%), Manganese: 0.09mg (4.6%), Vitamin C: 3.5mg (4.24%), Fiber: 0.9g (3.6%), Vitamin E: 0.33mg (2.2%), Vitamin K: 1.25µg (1.19%)