



Base Cranberry Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



170 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 1 pound cranberries fresh
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup honey
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup orange juice

☐ 1 large shallots diced finely

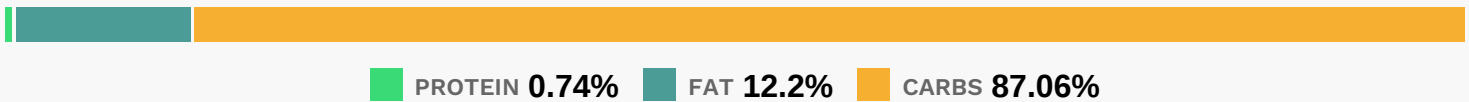
Equipment

☐ pot

Directions

- ☐ Heat the canola oil in a large pot over medium heat.
- ☐ Add the ginger and shallots and cook, stirring, until soft and fragrant, about 3 minutes. Stir in the brown sugar, honey, orange juice, 1/4 cup granulated sugar, and salt. Cook, stirring, until sugar dissolves and mixture is nice and bubbly.
- ☐ Add half the cranberries and cook, stirring occasionally, until the cranberries pop and the mixture thickens, about 5 minutes.
- ☐ Add the remaining cranberries and cook another 5 minutes or so.

Nutrition Facts



Properties

Glycemic Index:22.03, Glycemic Load:13.69, Inflammation Score:-2, Nutrition Score:2.2278260562731%

Flavonoids

Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 169.58kcal (8.48%), Fat: 2.43g (3.73%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 37.48g (13.63%), Sugar: 35.47g (39.41%), Cholesterol: 0mg (0%), Sodium: 8.86mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 8.14mg (9.87%), Manganese: 0.16mg (8.23%), Vitamin E: 0.91mg (6.08%), Fiber: 1.48g (5.91%), Vitamin K: 3.58µg (3.41%), Potassium: 75.75mg (2.16%), Vitamin B6: 0.04mg (2.04%), Copper: 0.04mg (1.94%), Calcium: 16.8mg (1.68%), Iron: 0.29mg (1.59%), Vitamin B5: 0.16mg (1.56%), Magnesium: 5.04mg (1.26%)