



Basic Cranberry Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



53 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 stick cinnamon (3-inch)
- ☐ 12 ounce cranberries fresh
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 0.1 teaspoon ground allspice
- ☐ 1.5 tablespoons honey
- ☐ 0.5 cup orange juice fresh (2 oranges)
- ☐ 0.3 cup water

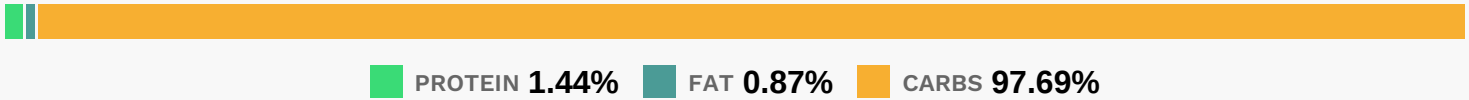
Equipment

☐ sauce pan

Directions

- ☐ Combine all ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 12 minutes or until mixture is slightly thickened, stirring occasionally. Discard cinnamon stick; cool completely.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:1.5543478105379%

Flavonoids

Cyanidin: 11.28mg, Cyanidin: 11.28mg, Cyanidin: 11.28mg, Cyanidin: 11.28mg Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg 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: 11.95mg, Peonidin: 11.95mg, Peonidin: 11.95mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 52.53kcal (2.63%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 12.58g (4.57%), Sugar: 11.26g (12.51%), Cholesterol: 0mg (0%), Sodium: 3.11mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 7.86mg (9.53%), Manganese: 0.14mg (6.99%), Fiber: 1.03g (4.13%), Vitamin E: 0.33mg (2.2%), Potassium: 50.04mg (1.43%), Vitamin K: 1.3µg (1.24%), Calcium: 12.32mg (1.23%), Copper: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.08%), Vitamin B5: 0.1mg (1.01%)