



Berry Cranberry Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



24

CALORIES



55 kcal

SIDE DISH

SAUCE

Ingredients

- 2 cups blueberries
- 24 ounce cranberries
- 0.3 cup honey
- 1 juice of orange juiced
- 1 cup orange juice
- 0.1 teaspoon pumpkin pie spice
- 1 cup raspberries
- 1 cup water

0.5 cup sugar white

Equipment

sauce pan

Directions

Stir 1 cup orange juice, water, sugar, and honey together in a large saucepan. Bring to a boil and stir cranberries, blueberries, raspberries, orange juice, and orange zest into mixture. Reduce heat to low and simmer, mashing berries occasionally to create a thicker texture, 15 to 20 minutes. Stir pumpkin pie spice into sauce. Refrigerate at least 3 hours up to overnight before serving.

Nutrition Facts



Properties

Glycemic Index:14.06, Glycemic Load:6.85, Inflammation Score:-2, Nutrition Score:2.4286956210499%

Flavonoids

Cyanidin: 16.49mg, Cyanidin: 16.49mg, Cyanidin: 16.49mg, Cyanidin: 16.49mg Petunidin: 3.9mg, Petunidin: 3.9mg, Petunidin: 3.9mg, Petunidin: 3.9mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 8.47mg, Malvidin: 8.47mg, Malvidin: 8.47mg, Malvidin: 8.47mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 16.45mg, Peonidin: 16.45mg, Peonidin: 16.45mg, Peonidin: 16.45mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 55.26kcal (2.76%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 12.51g (4.55%), Sugar: 10.8g (12%), Cholesterol: 0mg (0%), Sodium: 1.55mg (0.07%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin C: 12.91mg (15.65%), Manganese: 0.18mg (9.17%), Fiber: 1.68g (6.7%), Vitamin K: 4.2µg (4%), Vitamin E: 0.49mg (3.29%), Potassium: 67.38mg (1.93%), Copper: 0.04mg (1.81%), Vitamin B6: 0.03mg (1.57%), Folate: 6µg (1.5%), Vitamin B5: 0.14mg (1.42%), Vitamin B1: 0.02mg (1.41%), Magnesium: 5.14mg (1.28%), Vitamin B2: 0.02mg (1.1%), Vitamin A: 51.01IU (1.02%)