



Berry Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup garnish: blackberry jam seedless
- ☐ 1.5 tablespoons orange juice fresh
- ☐ 1.5 teaspoons orange rind grated
- ☐ 1 cup whole-berry cranberry sauce

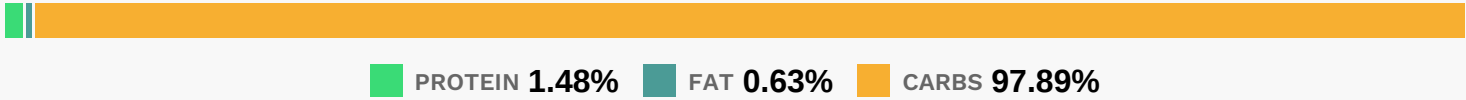
Equipment

- ☐ sauce pan

Directions

☐ Cook all ingredients in a small saucepan over medium heat 5 to 7 minutes, stirring until cranberry sauce and jam melt. Strain mixture, discarding solids.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:7.04, Inflammation Score:-1, Nutrition Score:0.999565216348222%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 138.75kcal (6.94%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 32.43g (11.79%), Sugar: 25.21g (28.01%), Cholesterol: 0mg (0%), Sodium: 8.69mg (0.38%), Alcohol: 0.98g (100%), Alcohol %: 1.77% (100%), Protein: 0.5g (1%), Vitamin C: 2.81mg (3.4%), Fiber: 0.77g (3.1%), Vitamin E: 0.46mg (3.05%), Manganese: 0.04mg (1.81%), Copper: 0.03mg (1.65%), Iron: 0.29mg (1.61%), Vitamin B2: 0.03mg (1.47%)