



Bonfire of the Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



495 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 1 apples peeled chopped
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 bags cranberries picked over
- ☐ 0.8 teaspoon curry powder
- ☐ 0.5 cup apricot dried
- ☐ 0.5 teaspoon ginger

- ☐ 0.5 cup golden raisins
- ☐ 2 optional: lemon grated (rind , discard pith, and cut fruit into sections)
- ☐ 2.3 cup brown sugar light packed
- ☐ 2 navel oranges grated (rind , discard pith, and cut fruit into sections)
- ☐ 0.5 cup walnut pieces chopped

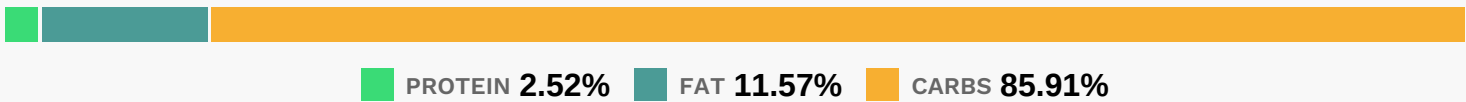
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan, combine vinegar, sugar, curry powder, ginger, cloves, allspice, cinnamon and 1-1/2 cups of water. Bring to a boil, stirring until the sugar is dissolved.
- ☐ To the mixture, add lemon (rind and sections) and orange (rind and sections) and apple chunks. Simmer the entire mixture for 10 minutes—stirring occasionally.
- ☐ Add 3 cups of the cranberries, the raisins and apricots. Simmer and stir for 30–40 minutes or until thickened.
- ☐ Stir in 2 more cups of cranberries. Simmer and stir for 10 minutes.
- ☐ Add remaining cranberries and the walnuts. Simmer and stir for 15 minutes.
- ☐ Transfer to a bowl, cool and chill overnight (or up to 2 weeks) with a cover.

Nutrition Facts



Properties

Glycemic Index:48.76, Glycemic Load:9.12, Inflammation Score:-6, Nutrition Score:10.608260895895%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg

2.3mg, Epicatechin: 2.3mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 20.25mg, Hesperetin: 20.25mg, Hesperetin: 20.25mg, Hesperetin: 20.25mg Naringenin: 3.51mg, Naringenin: 3.51mg, Naringenin: 3.51mg, Naringenin: 3.51mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 494.86kcal (24.74%), Fat: 6.74g (10.37%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 112.65g (37.55%), Net Carbohydrates: 107.75g (39.18%), Sugar: 101.35g (112.61%), Cholesterol: 0mg (0%), Sodium: 28.55mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Vitamin C: 48.8mg (59.15%), Manganese: 0.58mg (28.84%), Fiber: 4.89g (19.58%), Copper: 0.32mg (15.99%), Potassium: 549.08mg (15.69%), Calcium: 126.5mg (12.65%), Vitamin B6: 0.22mg (11.13%), Vitamin A: 535.56IU (10.71%), Magnesium: 41.99mg (10.5%), Iron: 1.82mg (10.12%), Folate: 33.01µg (8.25%), Phosphorus: 81.21mg (8.12%), Vitamin B1: 0.09mg (5.86%), Vitamin E: 0.79mg (5.29%), Vitamin B2: 0.09mg (5.03%), Vitamin B5: 0.45mg (4.48%), Vitamin B3: 0.9mg (4.48%), Zinc: 0.5mg (3.34%), Selenium: 2.01µg (2.87%), Vitamin K: 2.01µg (1.91%)