



Brandied Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

BEVERAGE

DRINK

Ingredients



0.5 cup brandy



12 ounce cranberries fresh



1.5 cups sugar

Equipment



oven



baking pan

Directions

☐ Combine all ingredients in a 2-quart baking dish. Cover and bake at 300 for 1 hour or until cranberries are soft, stirring occasionally. Cover and chill.

Nutrition Facts



PROTEIN 0.45% **FAT 0.92%** **CARBS 98.63%**

Properties

Glycemic Index:16.26, Glycemic Load:27.79, Inflammation Score:-2, Nutrition Score:1.60999999903337%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 198.59kcal (9.93%), Fat: 0.18g (0.27%), Saturated Fat: 0g (0.02%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 40.92g (14.88%), Sugar: 39.24g (43.6%), Cholesterol: 0mg (0%), Sodium: 1.38mg (0.06%), Alcohol: 5.01g (100%), Alcohol %: 6.68% (100%), Protein: 0.2g (0.39%), Manganese: 0.16mg (7.86%), Vitamin C: 5.95mg (7.22%), Fiber: 1.53g (6.12%), Vitamin E: 0.56mg (3.74%), Vitamin K: 2.13µg (2.02%), Copper: 0.03mg (1.48%), Vitamin B5: 0.13mg (1.25%), Vitamin B6: 0.02mg (1.22%)