



Brandied Cranberries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



80 min.

SERVINGS



8

CALORIES



188 kcal

BEVERAGE

DRINK

Ingredients

- 12 ounce cranberries fresh
- 1.5 cups sugar
- 0.3 cup brandy
- 2 Tbsp orange zest shredded finely (use microplane zester)

Equipment

- oven
- baking pan

Directions

- Sort and discard bad cranberries: Preheat oven to 325°F. Sort through cranberries and discard any that are soft or decayed.
- Mix cranberries, sugar, brandy, and orange zest in a 2-quart baking dish.
- Bake at 325°F uncovered, until most of the liquid has evaporated, 1 to 1 1/4 hours, stirring occasionally.
- Chill up to one week.

Nutrition Facts

PROTEIN 0.5% **FAT 0.92%** **CARBS 98.58%**

Properties

Glycemic Index:16.26, Glycemic Load:27.79, Inflammation Score:-2, Nutrition Score:1.7978260905846%

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 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: 188.49kcal (9.42%), Fat: 0.18g (0.27%), Saturated Fat: 0g (0.02%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 41.14g (14.96%), Sugar: 39.24g (43.6%), Cholesterol: 0mg (0%), Sodium: 1.37mg (0.06%), Alcohol: 3.34g (100%), Alcohol %: 4.63% (100%), Protein: 0.22g (0.44%), Vitamin C: 7.99mg (9.69%), Manganese: 0.16mg (7.82%), Fiber: 1.69g (6.76%), Vitamin E: 0.57mg (3.77%), Vitamin K: 2.13µg (2.02%), Copper: 0.03mg (1.5%), Vitamin B6: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.33%), Potassium: 38.15mg (1.09%), Vitamin B2: 0.02mg (1.02%)