



Brandied Cranberry Oranges

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

629 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce cranberries fresh thawed
- ☐ 6 navel oranges
- ☐ 1 cup orange juice
- ☐ 3 cups sugar

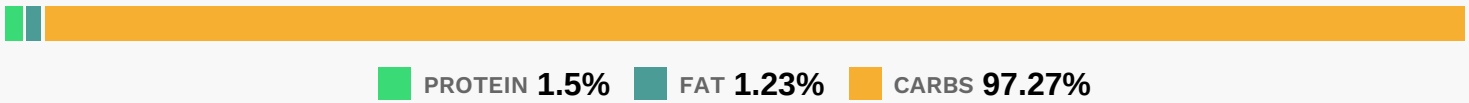
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Peel oranges, if desired.
- ☐ Cut oranges into 1/8-inch slices, discarding ends.
- ☐ Cut slices into quarters.
- ☐ Layer one-third of orange slices, one-third of cranberries, and 1 cup sugar in a large bowl. Repeat procedure twice with remaining fruit and sugar. Cover and let stand 8 hours.
- ☐ Bring orange mixture and orange juice to a boil in a Dutch oven; boil, stirring constantly, until sugar dissolves. Pack hot fruit into jars, filling to 1/2 inch from top.
- ☐ Add 2 tablespoons brandy to each jar, if desired. Cover fruit with boiling syrup, filling to 1/2 inch from top.
- ☐ Remove air bubbles; wipe jar rims. Cover at once with metal lids; screw on bands.
- ☐ Process in boiling water bath 15 minutes.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:91.55, Inflammation Score:-8, Nutrition Score:13.582608647968%

Flavonoids

Cyanidin: 63.18mg, Cyanidin: 63.18mg, Cyanidin: 63.18mg, Cyanidin: 63.18mg Delphinidin: 10.44mg, Delphinidin: 10.44mg, Delphinidin: 10.44mg, Delphinidin: 10.44mg Malvidin: 0.6mg, Malvidin: 0.6mg, Malvidin: 0.6mg, Malvidin: 0.6mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 66.9mg, Peonidin: 66.9mg, Peonidin: 66.9mg, Peonidin: 66.9mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 5.95mg, Epicatechin: 5.95mg, Epicatechin: 5.95mg, Epicatechin: 5.95mg Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 42.67mg, Hesperetin: 42.67mg, Hesperetin: 42.67mg, Hesperetin: 42.67mg Naringenin: 12.99mg, Naringenin: 12.99mg, Naringenin: 12.99mg, Naringenin: 12.99mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 9.06mg, Myricetin: 9.06mg, Myricetin: 9.06mg, Myricetin: 9.06mg Quercetin: 20.65mg, Quercetin: 20.65mg, Quercetin: 20.65mg, Quercetin: 20.65mg

Nutrients (% of daily need)

Calories: 629.24kcal (31.46%), Fat: 0.91g (1.4%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 162.07g (54.02%), Net Carbohydrates: 153.38g (55.77%), Sugar: 144.02g (160.02%), Cholesterol: 0mg (0%), Sodium: 6.1mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin C: 143.14mg (173.5%), Fiber: 8.69g (34.78%), Manganese: 0.55mg (27.52%), Folate: 73.36µg (18.34%), Potassium: 489.34mg (13.98%), Vitamin E: 2.07mg (13.79%), Vitamin A: 595.81IU (11.92%), Vitamin B1: 0.18mg (11.68%), Vitamin B6: 0.23mg (11.51%), Vitamin B5: 0.93mg (9.34%), Calcium: 89.78mg (8.98%), Vitamin B2: 0.15mg (8.86%), Copper: 0.17mg (8.6%), Magnesium: 32.1mg (8.03%), Vitamin K: 6.85µg (6.53%), Phosphorus: 62.04mg (6.2%), Vitamin B3: 1.05mg (5.25%), Iron: 0.69mg (3.84%), Zinc: 0.29mg (1.96%), Selenium: 0.91µg (1.29%)