



## Brandied Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



245 min.

SERVINGS



5

CALORIES



352 kcal

SIDE DISH

SAUCE

### Ingredients

- 4 cups cranberries fresh
- 0.3 cup orange juice
- 2 cups sugar

### Equipment

- oven
- baking pan

# Directions

- Preheat oven to 300F.
- Place cranberries in 13x9-inch baking dish; sprinkle evenly with sugar.
- Bake 1 hour, stirring after 30 minutes.
- Add brandy; stir until well blended.
- Pour into jars or serving dishes. Cool completely. Cover and refrigerate several hours or until chilled.

# Nutrition Facts

**PROTEIN 0.52%** **FAT 0.96%** **CARBS 98.52%**

## Properties

Glycemic Index:33.42, Glycemic Load:59.75, Inflammation Score:-3, Nutrition Score:3.7356521824132%

## Flavonoids

Cyanidin: 37.14mg, Cyanidin: 37.14mg, Cyanidin: 37.14mg, Cyanidin: 37.14mg Delphinidin: 6.14mg, Delphinidin: 6.14mg, Delphinidin: 6.14mg, Delphinidin: 6.14mg Malvidin: 0.35mg, Malvidin: 0.35mg, Malvidin: 0.35mg, Malvidin: 0.35mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 39.33mg, Peonidin: 39.33mg, Peonidin: 39.33mg, Peonidin: 39.33mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.31mg, Myricetin: 5.31mg, Myricetin: 5.31mg, Myricetin: 5.31mg Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg

## Nutrients (% of daily need)

Calories: 352.24kcal (17.61%), Fat: 0.39g (0.6%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 91g (30.33%), Net Carbohydrates: 88.09g (32.03%), Sugar: 84.64g (94.05%), Cholesterol: 0mg (0%), Sodium: 2.57mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin C: 19.47mg (23.6%), Manganese: 0.29mg (14.68%), Fiber: 2.91g (11.65%), Vitamin E: 1.06mg (7.08%), Vitamin K: 4.02µg (3.83%), Copper: 0.06mg (2.88%), Potassium: 98.67mg (2.82%), Vitamin B5: 0.27mg (2.67%), Vitamin B6: 0.05mg (2.61%), Vitamin B2: 0.04mg (2.13%), Magnesium: 6.62mg (1.65%), Vitamin B1: 0.02mg (1.63%), Vitamin A: 81.07IU (1.62%), Folate: 5.76µg

(1.44%), Iron: 0.26mg (1.43%), Phosphorus: 11.61mg (1.16%)