



Cabernet Cranberries



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



451 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup wine



1 stick cinnamon 3-inch



12 ounce cranberries fresh



1.3 cups sugar



2 teaspoons tangerine rind grated

Equipment

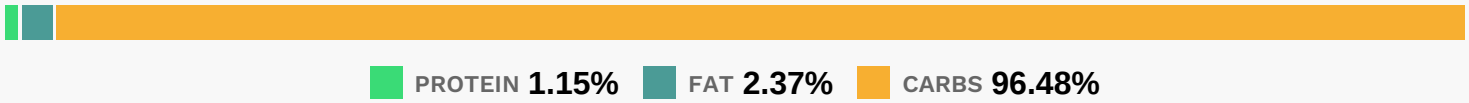


sauce pan

Directions

- ☐ Bring sugar and wine to a boil in a medium saucepan over medium-high heat.
- ☐ Add remaining ingredients, and return to a boil, stirring constantly.
- ☐ Reduce heat, and simmer, partially covered, 10 to 15 minutes or until cranberry skins pop.
- ☐ Remove and discard cinnamon stick. Cool slightly; serve warm, or chill 2 hours, if desired.
- ☐ Note: Sauce may be stored in refrigerator up to 2 months.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:62.48, Inflammation Score:-5, Nutrition Score:5.1795651817127%

Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 12.04mg, Delphinidin: 12.04mg, Delphinidin: 12.04mg, Delphinidin: 12.04mg Malvidin: 21.49mg, Malvidin: 21.49mg, Malvidin: 21.49mg, Malvidin: 21.49mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 57.23mg, Peonidin: 57.23mg, Peonidin: 57.23mg, Peonidin: 57.23mg Catechin: 6.6mg, Catechin: 6.6mg, Catechin: 6.6mg, Catechin: 6.6mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 13.48mg, Epicatechin: 13.48mg, Epicatechin: 13.48mg, Epicatechin: 13.48mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.74mg, Myricetin: 7.74mg, Myricetin: 7.74mg, Myricetin: 7.74mg Quercetin: 17.29mg, Quercetin: 17.29mg, Quercetin: 17.29mg, Quercetin: 17.29mg

Nutrients (% of daily need)

Calories: 450.62kcal (22.53%), Fat: 1.09g (1.67%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 99.63g (33.21%), Net Carbohydrates: 94.93g (34.52%), Sugar: 88.03g (97.82%), Cholesterol: 2.33mg (0.78%), Sodium: 5.42mg (0.24%), Alcohol: 8.4g (100%), Alcohol %: 3.79% (100%), Protein: 1.19g (2.38%), Manganese: 0.62mg (30.78%), Vitamin C: 15.92mg (19.3%), Fiber: 4.7g (18.81%), Vitamin E: 1.54mg (10.25%), Vitamin K: 6.09µg (5.8%), Vitamin B6: 0.08mg (3.85%), Copper: 0.08mg (3.76%), Vitamin B5: 0.36mg (3.55%), Potassium: 106.29mg (3.04%), Vitamin B2: 0.04mg (2.58%), Iron: 0.46mg (2.57%), Calcium: 22.19mg (2.22%), Magnesium: 8.06mg (2.02%), Phosphorus: 18.41mg (1.84%), Zinc: 0.27mg (1.79%), Selenium: 1.14µg (1.63%), Vitamin A: 71.48IU (1.43%), Vitamin B3: 0.27mg (1.34%), Vitamin B12: 0.07µg (1.17%), Vitamin B1: 0.02mg (1.02%)