



Cabernet-Cranberry Sauce with Figs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 cup wine
- ☐ 12 ounce cranberries fresh
- ☐ 1 cup figs dried trimmed coarsely chopped
- ☐ 1.5 inch orange zest
- ☐ 0.8 cup sugar

Equipment

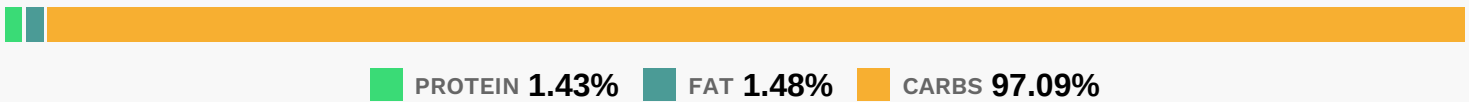
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Bring wine to a boil with figs in a small saucepan, then remove from heat and steep figs, covered, until tender, about 30 minutes. Strain mixture through a sieve into a medium heavy saucepan and reserve figs in a small bowl.
- ☐ Add cranberries, sugar, and zest to wine and bring to a simmer over medium heat, stirring until sugar has dissolved. Adjust heat and continue to simmer, uncovered, stirring occasionally, until cranberries burst and mixture is thickened slightly, 10 to 15 minutes.
- ☐ Remove from heat and discard orange zest strips, then stir in figs.
- ☐ Let cool completely.
- ☐ •Cranberry sauce can be made 1 week ahead and chilled in an airtight container. Bring to room temperature before serving, and if desired, thin with warm water. •If serving 2 to 4 people, sauce recipe can be halved, but because cranberry sauce keeps indefinitely in the refrigerator—and we think this one is particularly delicious—we suggest you make the full amount and enjoy it for months to come with chicken or pork, or as a topping for toast.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:35.27, Inflammation Score:-5, Nutrition Score:5.0530434898708%

Flavonoids

Cyanidin: 39.78mg, Cyanidin: 39.78mg, Cyanidin: 39.78mg, Cyanidin: 39.78mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 9.03mg, Delphinidin: 9.03mg, Delphinidin: 9.03mg, Delphinidin: 9.03mg Malvidin: 16.12mg, Malvidin: 16.12mg, Malvidin: 16.12mg, Malvidin: 16.12mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 42.92mg, Peonidin: 42.92mg, Peonidin: 42.92mg, Peonidin: 42.92mg Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 10.41mg, Epicatechin: 10.41mg, Epicatechin: 10.41mg, Epicatechin: 10.41mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 5.81mg, Myricetin: 5.81mg, Myricetin: 5.81mg, Myricetin: 5.81mg

Quercetin: 16.2mg, Quercetin: 16.2mg, Quercetin: 16.2mg, Quercetin: 16.2mg

Nutrients (% of daily need)

Calories: 277.99kcal (13.9%), Fat: 0.41g (0.63%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 55.83g (20.3%), Sugar: 50.7g (56.33%), Cholesterol: 0mg (0%), Sodium: 2.7mg (0.12%), Alcohol: 6.3g (100%), Alcohol %: 3.29% (100%), Protein: 0.89g (1.78%), Fiber: 4.88g (19.51%), Manganese: 0.38mg (19.17%), Vitamin C: 14.39mg (17.44%), Vitamin E: 1.19mg (7.93%), Vitamin K: 7.03µg (6.7%), Potassium: 208.03mg (5.94%), Vitamin B6: 0.12mg (5.85%), Copper: 0.09mg (4.63%), Vitamin B5: 0.43mg (4.33%), Magnesium: 15.37mg (3.84%), Vitamin B2: 0.05mg (3.21%), Vitamin B1: 0.05mg (3.12%), Calcium: 29.41mg (2.94%), Vitamin A: 139.02IU (2.78%), Iron: 0.44mg (2.45%), Phosphorus: 17.84mg (1.78%), Vitamin B3: 0.33mg (1.66%), Folate: 4.69µg (1.17%), Zinc: 0.17mg (1.14%)