



Candied Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup cranberry-apple juice drink
- ☐ 3.5 cups cranberries fresh
- ☐ 2.5 cups sugar
- ☐ 1 cup water hot

Equipment

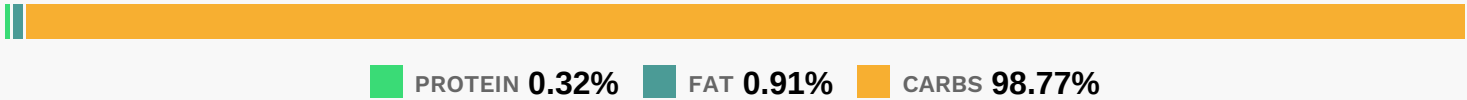
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ wire rack
- ☐ wax paper
- ☐ slotted spoon
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Combine first 3 ingredients in a small nonaluminum saucepan. Bring to a boil; reduce heat and simmer, uncovered, until sugar dissolves, stirring occasionally.
- ☐ Remove from heat and pour syrup mixture over cranberries in a medium-size heatproof bowl.
- ☐ Place bowl on a steamer rack in a large Dutch oven over simmering water. Cover and steam 30 minutes.
- ☐ Remove bowl of cranberries.
- ☐ Let cool completely without stirring.
- ☐ Cover bowl with cheesecloth; let stand at room temperature for 3 days, stirring occasionally. (
- ☐ Mixture will become thick.)
- ☐ Transfer cranberries, using a slotted spoon, to a large mesh wire rack placed over a wax paper-lined jellyroll pan. Store cranberry syrup in a glass container in refrigerator for another use.
- ☐ Let fruit dry, uncovered, for 2 to 3 days, turning occasionally. Reserve 1/4 cup Candied Cranberries for use in Pistachio Crunch.
- ☐ Note: Candied Cranberries can be prepared and refrigerated up to 2 weeks ahead.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:37.07, Inflammation Score:-1, Nutrition Score:1.4839130387358%

Flavonoids

Cyanidin: 16.25mg, Cyanidin: 16.25mg, Cyanidin: 16.25mg, Cyanidin: 16.25mg Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 17.21mg, Peonidin: 17.21mg, Peonidin: 17.21mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg, Myricetin: 2.32mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 217.16kcal (10.86%), Fat: 0.23g (0.35%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 54.8g (19.93%), Sugar: 53.18g (59.09%), Cholesterol: 0mg (0%), Sodium: 3.13mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Manganese: 0.14mg (7.09%), Vitamin C: 5.07mg (6.14%), Fiber: 1.3g (5.19%), Vitamin E: 0.46mg (3.09%), Vitamin K: 1.75µg (1.67%), Copper: 0.03mg (1.46%), Potassium: 47.79mg (1.37%), Vitamin B2: 0.02mg (1.16%), Vitamin B6: 0.02mg (1.16%), Vitamin B5: 0.11mg (1.12%)