



Candied Cranberries with Cheese and Crisp Crusts

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pickling spice mixed whole
- ☐ 8 oz baguette
- ☐ 2 tablespoons butter melted
- ☐ 30 inner butter lettuce leaves rinsed
- ☐ 0.5 pound cheddar cheese
- ☐ 2 cups cranberries fresh frozen thawed
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup sugar

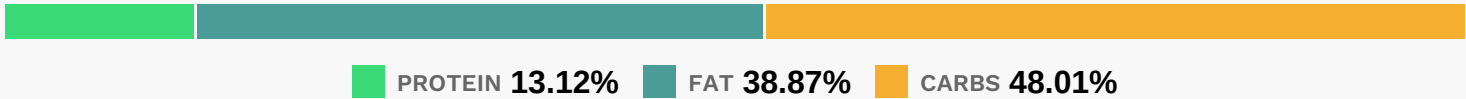
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Sort cranberries and discard any soft or decayed fruit. Rinse berries. In a 1 1/2- to 2-quart pan, combine cranberries, 3/4 cup sugar, and pickling spice. Cover and set over low heat. Stir occasionally until cranberries are translucent, sugar dissolves, and a syrup forms, about 30 minutes.
- ☐ Remove from heat, uncover, and let stand until cranberries are warm or cool.
- ☐ Meanwhile, cut baguette diagonally into 30 to 36 slices. Lightly brush 1 side of each slice with butter. Set slices, buttered side up, in a 10- by 15-inch pan.
- ☐ Mix salt with 1 teaspoon sugar and lightly sprinkle over bread.
- ☐ Bake baguette slices in a 325 oven until bread is dry and golden at edges, about 20 minutes. Use warm or cool.
- ☐ With a cheese spade or vegetable slicer, cut cheese into thin slices and mound lightly in a dish. Put cranberries, lettuce, and chestnuts in separate small bowls. Arrange baguette slices in a basket.
- ☐ To eat, set a baked baguette slice on a lettuce leaf and top with a slice of cheese, candied cranberries, and a chestnut piece.

Nutrition Facts



Properties

Glycemic Index:18.24, Glycemic Load:15.72, Inflammation Score:-8, Nutrition Score:9.0482608442721%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg,

Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 203.78kcal (10.19%), Fat: 8.97g (13.8%), Saturated Fat: 4.14g (25.84%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 23.48g (8.54%), Sugar: 14.49g (16.1%), Cholesterol: 18.9mg (6.3%), Sodium: 458.56mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin K: 40.85µg (38.91%), Vitamin A: 1526.58IU (30.53%), Calcium: 170.51mg (17.05%), Folate: 52µg (13%), Selenium: 8.92µg (12.74%), Phosphorus: 119.41mg (11.94%), Manganese: 0.22mg (11.14%), Vitamin B2: 0.17mg (10.26%), Vitamin B1: 0.14mg (9.28%), Iron: 1.23mg (6.84%), Zinc: 0.94mg (6.25%), Fiber: 1.45g (5.81%), Vitamin B3: 1.02mg (5.12%), Vitamin C: 3.73mg (4.52%), Potassium: 143.14mg (4.09%), Magnesium: 16.24mg (4.06%), Vitamin E: 0.58mg (3.83%), Vitamin B6: 0.07mg (3.71%), Vitamin B12: 0.2µg (3.38%), Vitamin B5: 0.26mg (2.58%), Copper: 0.05mg (2.31%)