



Cherry-Cranberry Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 0.3 cup amaretto
- ☐ 10 ounces cherries frozen
- ☐ 0.5 teaspoon cinnamon
- ☐ 15 ounces cranberries fresh
- ☐ 1 piece ginger peeled (1 inch)
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon butter unsalted

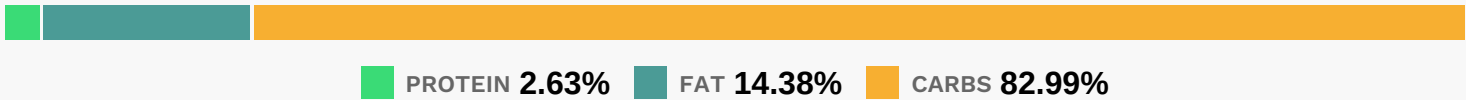
Equipment

☐ sauce pan

Directions

- ☐ Heat butter in a medium saucepan overmedium-high heat. Cook ginger and cinnamonuntil ginger becomes fragrant, 1to 2 minutes. Carefully add amaretto andcook until liquid thickens and reduces byhalf, about 1 minute.
- ☐ Add cranberries,cherries, sugar and 1/2 cup water. Coverand bring to a boil. Reduce heat to low andsimmer until cranberries break apartand sauce thickens, 20 to 25 minutes.
- ☐ Remove from heat and cool to roomtemperature.
- ☐ Transfer to an airtight containerand refrigerate for up to 1 week.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:7.48, Inflammation Score:-3, Nutrition Score:2.9426087239838%

Flavonoids

Cyanidin: 35.39mg, Cyanidin: 35.39mg, Cyanidin: 35.39mg, Cyanidin: 35.39mg Delphinidin: 4.08mg, Delphinidin: 4.08mg, Delphinidin: 4.08mg, Delphinidin: 4.08mg Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 26.66mg, Peonidin: 26.66mg, Peonidin: 26.66mg, Peonidin: 26.66mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 3.54mg, Myricetin: 3.54mg, Myricetin: 3.54mg, Myricetin: 3.54mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 107.11kcal (5.36%), Fat: 1.61g (2.48%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 18.16g (6.61%), Sugar: 15.44g (17.15%), Cholesterol: 3.76mg (1.25%), Sodium: 2.03mg (0.09%), Alcohol: 1.92g (100%), Alcohol %: 2.32% (100%), Protein: 0.66g (1.33%), Vitamin C: 9.97mg (12.09%), Manganese:

0.24mg (12.08%), Fiber: 2.74g (10.97%), Vitamin E: 0.77mg (5.15%), Potassium: 128.12mg (3.66%), Vitamin K: 3.56µg (3.39%), Copper: 0.06mg (2.85%), Vitamin B6: 0.05mg (2.47%), Vitamin B5: 0.23mg (2.31%), Vitamin A: 98.67IU (1.97%), Magnesium: 7.79mg (1.95%), Iron: 0.27mg (1.52%), Vitamin B2: 0.03mg (1.49%), Phosphorus: 14.53mg (1.45%), Vitamin B1: 0.02mg (1.11%), Calcium: 10.81mg (1.08%)