



Chilled Pineapple-Cranberry Relish

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

SAUCE

Ingredients

- 0.5 cup apricot preserves
- 16 ounces cranberries fresh ()
- 2 tablespoons ginger finely grated
- 2 small granny smith apples
- 1 cup orange juice fresh
- 1.3 cups pineapple fresh chopped
- 0.7 cup sugar
- 1 tablespoon butter unsalted

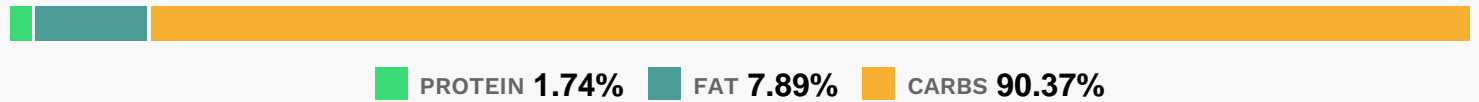
Equipment

- bowl
- sauce pan

Directions

- In a saucepan, over medium heat, melt the butter.
- Add the ginger and cook, stirring, for 2 minutes. Stir in the cranberries, sugar, orange juice, and preserves. Cook, stirring occasionally, until the cranberries burst and the sauce thickens, about 20 minutes. While the cranberries cook, peel, core, and cut the apples. After removing the sauce from heat, stir in the apples and pineapple.
- Transfer to a serving bowl, cover with plastic, and refrigerate until chilled, about 2 hours. **Make-Ahead Note:** The sauce can be made up to 2 days in advance.

Nutrition Facts



Properties

Glycemic Index:34.09, Glycemic Load:18.59, Inflammation Score:-5, Nutrition Score:6.1139130321858%

Flavonoids

Cyanidin: 26.91mg, Cyanidin: 26.91mg, Cyanidin: 26.91mg, Cyanidin: 26.91mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg Quercetin: 10.07mg, Quercetin: 10.07mg, Quercetin: 10.07mg, Quercetin: 10.07mg

Nutrients (% of daily need)

Calories: 186.19kcal (9.31%), Fat: 1.75g (2.69%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 41.54g (15.11%), Sugar: 34.52g (38.36%), Cholesterol: 3.76mg (1.25%), Sodium: 8.58mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin C: 38.86mg (47.11%), Manganese: 0.47mg (23.56%), Fiber: 3.44g (13.75%), Vitamin E: 0.9mg (5.98%), Potassium: 194.72mg (5.56%), Copper: 0.1mg (5.2%), Vitamin B6: 0.09mg (4.73%), Vitamin B1: 0.06mg (4.13%), Vitamin A: 205.13IU (4.1%), Folate: 16.02µg (4%), Vitamin K: 3.99µg (3.8%), Magnesium: 13.15mg (3.29%), Vitamin B5: 0.31mg (3.12%), Vitamin B2: 0.05mg (2.72%), Iron: 0.4mg (2.24%), Phosphorus: 19.13mg (1.91%), Vitamin B3: 0.36mg (1.82%), Calcium: 17.36mg (1.74%)