



Chilli cranberry sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 100 g golden caster sugar
- ☐ 175 ml white wine
- ☐ 0.5 mild chilli red chopped
- ☐ 300 g cranberries fresh

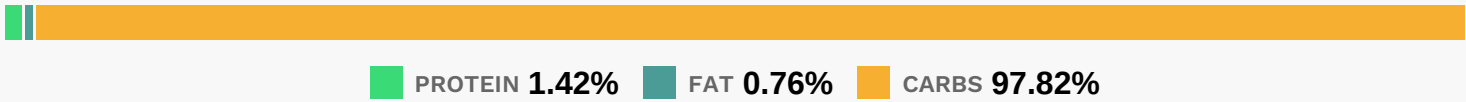
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Gently heat sugar and wine in a saucepan. Once sugar has dissolved, bring to the boil.
- ☐ Tip in the chilli and cranberries, return to the boil, then turn the heat down and simmer for about 10 mins until the berries have popped but not completely collapsed. Take off the heat. The sauce will continue to cook with the heat from the pan, then thicken as it cools.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:1.6, Inflammation Score:-2, Nutrition Score:2.104782625385%

Flavonoids

Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 84.07kcal (4.2%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.03%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 16.19g (5.89%), Sugar: 14.09g (15.65%), Cholesterol: 0mg (0%), Sodium: 5.61mg (0.24%), Alcohol: 2.29g (100%), Alcohol %: 3.86% (100%), Protein: 0.26g (0.51%), Vitamin C: 9.29mg (11.26%), Manganese: 0.17mg (8.71%), Fiber: 1.39g (5.57%), Vitamin E: 0.51mg (3.43%), Vitamin B6: 0.05mg (2.59%), Vitamin K: 2.36µg (2.25%), Potassium: 71.44mg (2.04%), Calcium: 15.77mg (1.58%), Copper: 0.03mg (1.57%), Magnesium: 6.24mg (1.56%), Iron: 0.26mg (1.47%), Vitamin B5: 0.14mg (1.43%)