



Chipotle Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 2 chipotle chile dried
- ☐ 1 small garlic clove chopped
- ☐ 0.3 teaspoon ground cinnamon generous ()
- ☐ 0.3 teaspoon ground cumin generous ()
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1.3 cups sugar

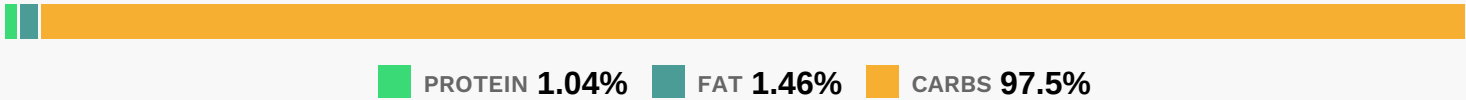
Equipment

☐ sauce pan

Directions

- ☐ Place chiles in medium saucepan filled with water; bring to boil. Reduce heat to medium and simmer until chiles are tender, adding more water if needed to keep chiles submerged, 1 to 1 1/2 hours, depending on dryness of chiles.
- ☐ Drain.
- ☐ Combine softened chipotles, cranberries, sugar, and lemon juice in heavy medium saucepan and stir over medium heat until sugar dissolves. Continue cooking until cranberries begin to pop, stirring occasionally, about 5 minutes. Stir in garlic, cinnamon, and cumin. Simmer until sauce thickens slightly and flavors meld, stirring often, about 5 minutes. Cool.
- ☐ Remove chipotles. Stem and seed. Mince chiles and return to cranberry sauce; stir to distribute. Cover and chill. DO AHEAD: Can be made 1 week ahead. Keep chilled.
- ☐ * Can be found at specialty foods stores, natural foods stores, and Latin markets.
- ☐ Dried chipotle chiles can vary by brand, with some being more supple than others. Look for chiles that give slightly when pressed between your thumb and forefinger. Chiles that are hard may not soften sufficiently when simmered in water.

Nutrition Facts



Properties

Glycemic Index:19.39, Glycemic Load:24.91, Inflammation Score:-1, Nutrition Score:1.9586956786073%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg 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: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 155.84kcal (7.79%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 38.02g (13.83%), Sugar: 35.96g (39.95%), Cholesterol: 0mg (0%), Sodium: 2.92mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 8.25mg (10.01%), Manganese: 0.17mg (8.72%), Fiber: 2.1g (8.38%), Vitamin E: 0.57mg (3.82%), Vitamin K: 2.16µg (2.05%), Vitamin B6: 0.03mg (1.59%), Copper: 0.03mg (1.45%), Vitamin B5: 0.14mg (1.35%), Potassium: 43.37mg (1.24%)