



Cinnamon Apple Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



145 kcal

SIDE DISH

SAUCE

Ingredients

- 1 cinnamon sticks
- 2 teaspoons cornstarch
- 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 2 gala apples diced cored peeled
- 1 cup sugar
- 6 ounce cranberries dried sweetened

Equipment

- bowl

sauce pan

whisk

Directions

Watch how to make this recipe.

In a medium saucepan over medium heat, add the cranberry juice, cranberries, cinnamon and sugar. Bring to a boil and let cook for 5 minutes.

Add the apples and cook, stirring occasionally, until the cranberries have softened and apples are tender, about 5 minutes.

Remove 8 ounces of the liquid to a small bowl and whisk in the cornstarch. Slowly add the cornstarch–juice mixture (slurry) to the cranberry mixture, stirring constantly. Cook for an additional 5 minutes.

Remove from heat and pour into a serving bowl. Refrigerate until thickened, about 30 minutes.

Remove the cinnamon sticks and serve.

Nutrition Facts

 **PROTEIN 0.71%** **FAT 1.83%** **CARBS 97.46%**

Properties

Glycemic Index:13.59, Glycemic Load:15.6, Inflammation Score:-1, Nutrition Score:1.8995651991471%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 144.99kcal (7.25%), Fat: 0.32g (0.49%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 38.21g (12.74%), Net Carbohydrates: 36.53g (13.28%), Sugar: 35.19g (39.1%), Cholesterol: 0mg (0%), Sodium: 2.08mg (0.09%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Fiber: 1.68g (6.72%), Vitamin C: 5.36mg (6.49%), Vitamin E: 0.87mg (5.77%), Manganese: 0.1mg (5%), Vitamin K: 3.99µg (3.8%), Copper: 0.04mg (2.13%), Potassium: 73.47mg (2.1%), Vitamin B6: 0.04mg (2.01%), Vitamin B2: 0.02mg (1.34%), Iron: 0.23mg (1.28%), Magnesium: 4.8mg (1.2%), Phosphorus: 10.18mg (1.02%)