



Cinnamon-Scented Cranapple Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



681 kcal

SAUCE

Ingredients

- ☐ 0.5 cup fruit mix dried with mariani harvest medley
- ☐ 1 apples i use 2 granny smith apples peeled chopped
- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 15 ounce cinnamon-flavored pear halves drained chopped canned
- ☐ 1 cup sugar
- ☐ 16 ounce whole-berry cranberry sauce canned

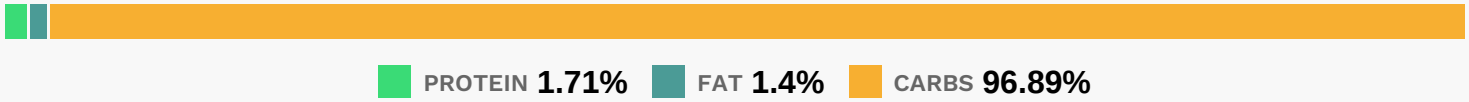
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a large saucepan; cook, uncovered, over medium-low heat 45 minutes or until thickened, stirring often.
- ☐ Remove sauce from heat; cover and chill.
- ☐ Serve as an accompaniment to pork or turkey, or as a topping over vanilla ice cream, pound cake, or pancakes.
- ☐ Note: If you can't find cinnamon-flavored pears, use regular canned pear halves and add 1/2 teaspoon ground cinnamon.

Nutrition Facts



Properties

Glycemic Index:70.61, Glycemic Load:61.2, Inflammation Score:-7, Nutrition Score:10.32217394269%

Flavonoids

Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg, Cyanidin: 4.02mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 9.9mg, Epicatechin: 9.9mg, Epicatechin: 9.9mg, Epicatechin: 9.9mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg, Hesperetin: 8.25mg Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg, Naringenin: 10.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 4.08mg, Myricetin: 4.08mg, Myricetin: 4.08mg, Myricetin: 4.08mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

Nutrients (% of daily need)

Calories: 681.11kcal (34.06%), Fat: 1.13g (1.73%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 175.49g (58.5%), Net Carbohydrates: 165.45g (60.16%), Sugar: 148.96g (165.51%), Cholesterol: 0mg (0%), Sodium: 13mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin C: 38.23mg (46.34%), Fiber: 10.04g (40.15%), Vitamin A: 840.25IU (16.81%), Potassium: 490.9mg (14.03%), Manganese: 0.26mg (12.86%), Vitamin E: 1.92mg

(12.78%), Copper: 0.24mg (11.97%), Vitamin K: 10.73µg (10.22%), Vitamin B6: 0.18mg (8.76%), Magnesium: 32.99mg (8.25%), Vitamin B2: 0.14mg (8.23%), Vitamin B1: 0.12mg (7.73%), Folate: 30.49µg (7.62%), Calcium: 70.86mg (7.09%), Iron: 1.27mg (7.07%), Phosphorus: 54.99mg (5.5%), Vitamin B3: 0.87mg (4.33%), Vitamin B5: 0.36mg (3.6%), Zinc: 0.33mg (2.23%), Selenium: 1.29µg (1.84%)