



Citrusy Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



36 kcal

SIDE DISH

SAUCE

Ingredients

- 2.5 cups cranberries fresh
- 0.3 cup orange juice fresh

Equipment

Directions

- Boil cranberries in 1 cup water with sugar for 15 minutes. After 10 minutes, add juice after 10 minutes and continue to cook for the remaining

stir to combine and allow to completely cool. Once cool store in fridge at least 4 hours before serving.

Amount Per Serving

Calories

Fat

NA Carbohydrate

gDietary Fiber3gSugars4gProtein NA

Nutrition Facts

PROTEIN 4.06% **FAT 2.59%** **CARBS 93.35%**

Properties

Glycemic Index:24.25, Glycemic Load:3.18, Inflammation Score:-3, Nutrition Score:2.9517391058414%

Flavonoids

Cyanidin: 29.02mg, Cyanidin: 29.02mg, Cyanidin: 29.02mg, Cyanidin: 29.02mg Delphinidin: 4.79mg, Delphinidin: 4.79mg, Delphinidin: 4.79mg, Delphinidin: 4.79mg Malvidin: 0.28mg, Malvidin: 0.28mg, Malvidin: 0.28mg, Malvidin: 0.28mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 30.73mg, Peonidin: 30.73mg, Peonidin: 30.73mg, Peonidin: 30.73mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 4.15mg, Myricetin: 4.15mg, Myricetin: 4.15mg, Myricetin: 4.15mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

Nutrients (% of daily need)

Calories: 35.72kcal (1.79%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 6.83g (2.48%), Sugar: 3.97g (4.41%), Cholesterol: 0mg (0%), Sodium: 1.4mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.79%), Vitamin C: 16.5mg (20%), Manganese: 0.23mg (11.36%), Fiber: 2.28g (9.12%), Vitamin E: 0.83mg (5.54%), Vitamin K: 3.14µg (2.99%), Potassium: 81mg (2.31%), Vitamin B5: 0.21mg (2.14%), Vitamin B6: 0.04mg (2.09%), Copper: 0.04mg (2.09%), Vitamin B1: 0.02mg (1.43%), Vitamin A: 68.5IU (1.37%), Magnesium: 5.45mg (1.36%), Folate: 5.28µg (1.32%), Vitamin B2: 0.02mg (1.01%)