



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

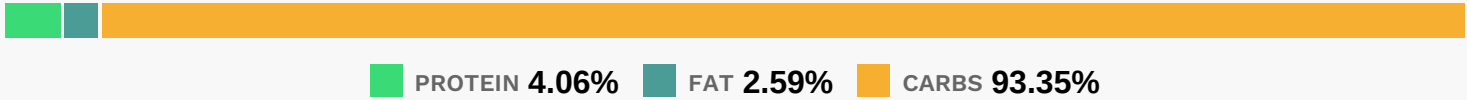
Directions



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.
- Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ NA Carbohydrate
- ☐ gDietary Fiber3gSugars4gProtein NA

Nutrition Facts



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%)