



Classic Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



210 min.

SERVINGS



16

CALORIES



106 kcal

SIDE DISH

SAUCE

Ingredients



12 oz cranberries fresh ()



2 cups sugar



2 cups water

Equipment



sauce pan

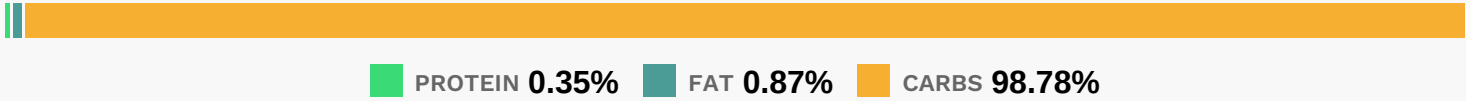


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Directions

- ☐ Place cranberries in a strainer; rinse with cool water.
- ☐ Remove any stems or blemished berries.
- ☐ In 3-quart saucepan, heat sugar and water to boiling over medium heat, stirring occasionally. Boil 5 minutes.
- ☐ Stir in cranberries.
- ☐ Heat to boiling over medium heat, stirring occasionally. Boil about 5 minutes, stirring occasionally, until cranberries begin to pop. Cover and refrigerate about 3 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:18.26, Inflammation Score:-1, Nutrition Score:0.81956521405474%

Flavonoids

Cyanidin: 9.87mg, Cyanidin: 9.87mg, Cyanidin: 9.87mg, Cyanidin: 9.87mg Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 106.03kcal (5.3%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.01%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 26.69g (9.7%), Sugar: 25.86g (28.73%), Cholesterol: 0mg (0%), Sodium: 2.15mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Manganese: 0.08mg (3.88%), Vitamin C: 2.98mg (3.61%), Fiber: 0.77g (3.06%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.06µg (1.01%)