



Classic Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



59 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 Dash ground cloves
- ☐ 12 ounce cranberries fresh
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.8 cup orange juice fresh (3 oranges)
- ☐ 1 tablespoon orange rind grated
- ☐ 1.5 cups sugar

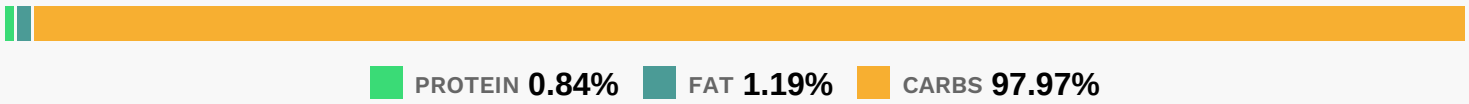
Equipment

sauce pan

Directions

- Combine first 6 ingredients in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium; cook 12 minutes or until cranberries pop.
- Remove from heat; stir in rind. Cool completely.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:9.67, Inflammation Score:-1, Nutrition Score:1.0173913026633%

Flavonoids

Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 58.66kcal (2.93%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 14.5g (5.27%), Sugar: 13.73g (15.26%), Cholesterol: 0mg (0%), Sodium: 0.62mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin C: 6.2mg (7.52%), Manganese: 0.09mg (4.59%), Fiber: 0.59g (2.37%), Vitamin E: 0.2mg (1.3%)