



## Clementine-Cranberry Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

SIDE DISH

SAUCE

### Ingredients

- 1 cup brown sugar packed
- 0.5 cup clementine juice fresh ( 7 clementines)
- 6 ounces clementines seeded quartered
- 1 Dash ground cloves
- 12 ounce cranberries fresh
- 1 tablespoon crystallized ginger minced
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon salt

## Equipment

- food processor
- sauce pan

## Directions

- Place clementines in a food processor; process until coarsely chopped.
- Combine clementines, sugar, and the remaining ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer 10 minutes or until cranberries pop.
- Remove from heat; cool completely.
- Serve at room temperature.

## Nutrition Facts

**PROTEIN 1.3%** **FAT 0.8%** **CARBS 97.9%**

## Properties

Glycemic Index:10, Glycemic Load:2.1, Inflammation Score:-2, Nutrition Score:2.3834782955439%

## Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

## Nutrients (% of daily need)

Calories: 96.8kcal (4.84%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 23.54g (8.56%), Sugar: 21.95g (24.39%), Cholesterol: 0mg (0%), Sodium: 30.53mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 13.91mg (16.87%), Manganese: 0.18mg (8.92%),

Fiber: 1.33g (5.33%), Vitamin E: 0.42mg (2.83%), Potassium: 91.51mg (2.61%), Calcium: 24.55mg (2.45%), Vitamin B6: 0.04mg (1.95%), Copper: 0.03mg (1.68%), Vitamin K: 1.55µg (1.47%), Magnesium: 5.83mg (1.46%), Vitamin B1: 0.02mg (1.44%), Vitamin B5: 0.14mg (1.43%), Iron: 0.25mg (1.39%), Folate: 4.41µg (1.1%)