



Cosmopolitan Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



417 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries fresh rinsed drained
- ☐ 3 tablespoons liqueur orange-flavored such as grand marnier or triple sec
- ☐ 1 cup sugar
- ☐ 0.3 cup vodka

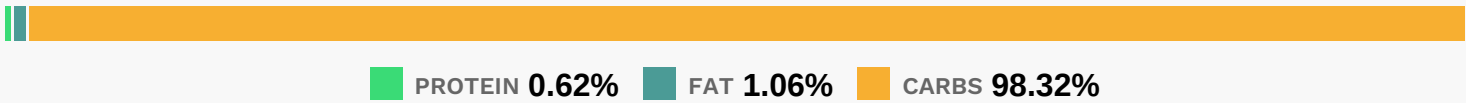
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In heavy medium saucepan over moderate heat, combine cranberries, sugar, and 1/2 cup water. Bring to boil, stirring often to dissolve sugar, then reduce heat to moderately low and simmer, stirring often, until thickened and reduced to about 3 cups, about 15 minutes.
- ☐ Transfer to medium bowl and cool, stirring often, until tepid, about 30 minutes. Stir in vodka and liqueur.
- ☐ Transfer to serving bowl, cover, and refrigerate until chilled and set, at least 2 hours. (Sauce can be made up to 2 weeks ahead and refrigerated.)
- ☐ Serve chilled or at room temperature.
- ☐ •Thanks to its high acidity, which discourages bacteria growth, cranberry sauce keeps very well. It can be made and refrigerated at least two weeks before serving, and leftovers are likely to keep for another two weeks. •Buy extra fresh cranberries during their season to freeze and add to baked goods. Do not defrost them before use, but do allow an extra few minutes baking time, as the frozen berries will chill the batter.

Nutrition Facts



Properties

Glycemic Index:43.36, Glycemic Load:50.83, Inflammation Score:-4, Nutrition Score:4.2599999658439%

Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg

Nutrients (% of daily need)

Calories: 416.63kcal (20.83%), Fat: 0.41g (0.62%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 84.84g (28.28%), Net Carbohydrates: 80.76g (29.37%), Sugar: 76.21g (84.67%), Cholesterol: 0mg (0%), Sodium: 4.4mg (0.19%), Alcohol: 12.81g (100%), Alcohol %: 7.32% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.54g (1.07%), Manganese: 0.41mg (20.67%), Vitamin C: 15.88mg (19.24%), Fiber: 4.08g (16.33%), Vitamin E: 1.5mg (9.98%), Vitamin K: 5.67µg (5.4%), Copper: 0.08mg (3.84%), Vitamin B5: 0.33mg (3.35%), Vitamin B6: 0.06mg (3.23%), Potassium: 96.82mg (2.77%), Vitamin B2: 0.04mg (2.29%), Magnesium: 7.25mg (1.81%), Iron: 0.31mg (1.7%), Phosphorus: 14.71mg (1.47%), Vitamin A: 68.04IU (1.36%), Vitamin B1: 0.02mg (1.04%)