



Cran-Apple Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 cups cooking apple peeled chopped (such as McIntosh or Braeburn; 2 pounds)
- 1 stick cinnamon (3-inch)
- 2 cups cranberries fresh
- 0.8 cup brown sugar dark packed
- 0.3 teaspoon ground cloves
- 2 cups water
- 0.5 cup citrus champagne vinegar

Equipment

- sauce pan
- potato masher

Directions

- Combine all ingredients in a large, heavy saucepan. Bring to a boil. Reduce heat; simmer 1 hour, stirring occasionally; continue to cook until thick (about 30 minutes), stirring frequently. Discard cinnamon. Mash with a potato masher. Cover and chill.

Nutrition Facts

■ PROTEIN **1.05%**
■ FAT **1.14%**
■ CARBS **97.81%**

Properties

Glycemic Index:4.56, Glycemic Load:1.69, Inflammation Score:-1, Nutrition Score:1.2734782702249%

Flavonoids

Cyanidin: 5.7mg, Cyanidin: 5.7mg, Cyanidin: 5.7mg, Cyanidin: 5.7mg Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg, Delphinidin: 0.85mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 5.47mg, Peonidin: 5.47mg, Peonidin: 5.47mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 59.82kcal (2.99%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.96g (5.08%), Sugar: 12.98g (14.42%), Cholesterol: 0mg (0%), Sodium: 5.08mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.33%), Manganese: 0.11mg (5.59%), Fiber: 1.35g (5.38%), Vitamin C: 3.19mg (3.87%), Potassium: 61.94mg (1.77%), Vitamin E: 0.22mg (1.44%), Calcium: 13.89mg (1.39%), Vitamin K: 1.42µg (1.35%), Copper: 0.03mg (1.28%), Vitamin B6: 0.02mg (1.24%), Iron: 0.18mg (1.01%)