



Cran-Blueberry Topping

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

Ingredients

- 1.5 cups cranberry juice cocktail
- 0.3 cup sugar
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1.5 cups blueberries fresh thawed crushed drained (and)
- 3 tablespoons orange juice

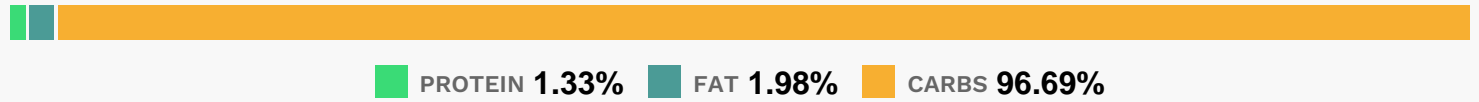
Equipment

- sauce pan

Directions

- Stir cranberry juice, sugar, cornstarch and cinnamon in 2-quart saucepan until blended. Stir in berries.
- Cook over medium-heat, stirring occasionally, until mixture thickens and boils. Boil and stir 1 minute; cool slightly. Stir in orange juice until desired consistency.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.39, Glycemic Load:9.89, Inflammation Score:-2, Nutrition Score:2.7104347490746%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.84mg, Delphinidin: 9.84mg, Delphinidin: 9.84mg, Delphinidin: 9.84mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 5.82mg, Peonidin: 5.82mg, Peonidin: 5.82mg, Peonidin: 5.82mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 76.6kcal (3.83%), Fat: 0.18g (0.27%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 18.51g (6.73%), Sugar: 15.19g (16.87%), Cholesterol: 0mg (0%), Sodium: 1.56mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin C: 25.95mg (31.46%), Manganese: 0.16mg (8.09%), Vitamin K: 5.91µg (5.63%), Fiber: 0.83g (3.32%), Vitamin E: 0.27mg (1.81%), Copper: 0.03mg (1.28%), Potassium: 42.02mg (1.2%), Vitamin B1: 0.02mg (1.07%)