



## Cran-Horseradish Sauce and Cream Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SAUCE

### Ingredients

- 8 ounce cream cheese
- 2 tablespoons horseradish prepared
- 0.3 cup onion minced
- 1 sprigs garnishes: rosemary cranberries fresh
- 0.5 teaspoon salt
- 0.5 cup sugar
- 16 ounce whole-berry cranberry sauce canned

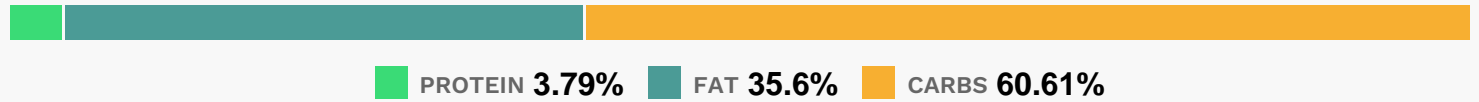
### Equipment

sauce pan

## Directions

- Stir together first 5 ingredients in a medium saucepan. Bring to a boil, stirring often.
- Remove from heat. Cover and chill 1 hour or up to 3 days.
- When ready to serve, spoon Cran-Horseradish Sauce over cream cheese on a plate.
- Garnish, if desired.
- Serve with assorted crackers.

## Nutrition Facts



## Properties

Glycemic Index:28.64, Glycemic Load:9.39, Inflammation Score:-3, Nutrition Score:2.3739130704299%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 242.01kcal (12.1%), Fat: 9.91g (15.25%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 37.11g (13.49%), Sugar: 32.15g (35.73%), Cholesterol: 28.63mg (9.54%), Sodium: 253.34mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 405.15IU (8.1%), Vitamin E: 0.77mg (5.15%), Vitamin B2: 0.08mg (4.84%), Selenium: 2.88µg (4.11%), Phosphorus: 35.71mg (3.57%), Fiber: 0.87g (3.46%), Calcium: 33.21mg (3.32%), Manganese: 0.05mg (2.58%), Vitamin C: 2mg (2.43%), Potassium: 72.65mg (2.08%), Vitamin B6: 0.03mg (1.74%), Vitamin B5: 0.17mg (1.73%), Iron: 0.3mg (1.69%), Folate: 6.56µg (1.64%), Vitamin K: 1.46µg (1.39%), Magnesium: 5.4mg (1.35%), Zinc: 0.2mg (1.35%), Copper: 0.03mg (1.28%), Vitamin B1: 0.02mg (1.23%), Vitamin B12: 0.06µg (1.04%)