



Cranberry-Ambrosia Filling

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup cranberry juice cocktail concentrate frozen thawed
- ☐ 12 ounce cranberry-orange relish
- ☐ 2 teaspoons orange rind grated
- ☐ 8.3 ounce pineapple in syrup crushed canned
- ☐ 1.5 cups sugar

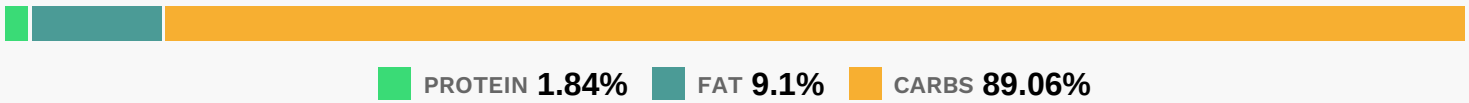
Equipment

- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Stir together sugar and flour in a 3-quart saucepan; stir in cranberry juice concentrate, pineapple, and relish. Bring to a boil (about 5 to 6 minutes) over medium heat, stirring constantly. Cook, stirring constantly, 3 minutes or until pudding-like thickness.
- ☐ Remove from heat, and stir in butter and orange rind. Cover, placing plastic wrap directly on filling, and chill 8 hrs.

Nutrition Facts



Properties

Glycemic Index:46.9, Glycemic Load:64.38, Inflammation Score:-6, Nutrition Score:10.554347802439%

Flavonoids

Hesperetin: 23.18mg, Hesperetin: 23.18mg, Hesperetin: 23.18mg, Hesperetin: 23.18mg Naringenin: 13.03mg, Naringenin: 13.03mg, Naringenin: 13.03mg, Naringenin: 13.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 590.57kcal (29.53%), Fat: 6.2g (9.53%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 136.43g (45.48%), Net Carbohydrates: 132.98g (48.36%), Sugar: 116.26g (129.17%), Cholesterol: 0mg (0%), Sodium: 70.05mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin C: 79.14mg (95.92%), Vitamin B1: 0.27mg (18.12%), Folate: 57.4µg (14.35%), Fiber: 3.45g (13.79%), Manganese: 0.21mg (10.67%), Vitamin A: 495.24IU (9.9%), Vitamin B2: 0.16mg (9.42%), Selenium: 6.42µg (9.17%), Potassium: 278.63mg (7.96%), Copper: 0.14mg (7.07%), Vitamin B3: 1.36mg (6.81%), Iron: 1.2mg (6.65%), Vitamin B6: 0.13mg (6.65%), Magnesium: 24.09mg (6.02%), Vitamin B5: 0.58mg (5.79%), Calcium: 56.67mg (5.67%), Phosphorus: 37.64mg (3.76%), Vitamin E: 0.39mg (2.62%), Zinc: 0.28mg (1.86%)