



Cranberry and Blood Orange Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



69 kcal

SIDE DISH

Ingredients



4 blood oranges



12 ounce cranberries fresh



0.7 cup sugar

Equipment



food processor



bowl

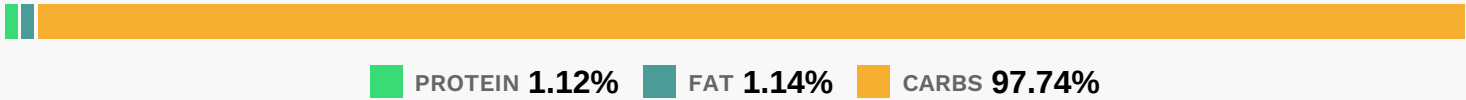


knife

Directions

- ☐ Cut off all peel and white pith from 3 blood oranges. Using small sharp knife, cut between membranes to release segments into small bowl (see below). Set bowl with blood orange segments aside.
- ☐ Cut remaining unpeeled blood orange into 8 pieces and place in food processor.
- ☐ Add fresh cranberries and 2/3 cup sugar; using on/off turns, blend until mixture is finely chopped.
- ☐ Transfer relish to medium bowl; stir in blood orange segments. Cover and refrigerate relish overnight. DO AHEAD: Cranberry relish can be made 2 days ahead. Keep refrigerated. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:10.8, Inflammation Score:-1, Nutrition Score:1.521304341762%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 69.43kcal (3.47%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.02%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 16.63g (6.05%), Sugar: 15.25g (16.94%), Cholesterol: 0mg (0%), Sodium: 0.81mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin C: 7.53mg (9.13%), Manganese: 0.12mg (6.22%), Fiber: 1.35g (5.4%), Vitamin E: 0.46mg (3.06%), Vitamin K: 1.7µg (1.62%), Vitamin B6: 0.02mg (1.13%), Vitamin B5:

0.11mg (1.13%), Copper: 0.02mg (1.12%), Potassium: 36.89mg (1.05%)