



Cranberry and Citrus Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons lime zest red finely grated
- 0.8 cup granulated sugar
- 0.3 cup orange juice freshly squeezed
- 2 teaspoons orange zest finely grated

Equipment

- bowl
- sauce pan

Directions

- Combine cranberries, sugar, orange juice, and both zests in a medium saucepan over medium heat, stirring until sugar is dissolved, about 5 minutes. Bring to a boil, stirring occasionally, then reduce heat to medium low and simmer until thickened and cranberries are beginning to fall apart, about 20 to 25 minutes. Spoon into a heatproof serving bowl.
- Drain grapefruit segments, discarding any accumulated juices, and stir into cranberry sauce. Cool to room temperature, cover, and refrigerate until ready to serve.
- Serve cold or at room temperature.

Nutrition Facts

PROTEIN 0.41% **FAT 0.92%** **CARBS 98.67%**

Properties

Glycemic Index:19.26, Glycemic Load:13.65, Inflammation Score:-1, Nutrition Score:0.56347825208112%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 77.43kcal (3.87%), Fat: 0.08g (0.13%), Saturated Fat: 0g (0.02%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 19.83g (7.21%), Sugar: 19.59g (21.76%), Cholesterol: 0mg (0%), Sodium: 0.31mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 5.96mg (7.22%)