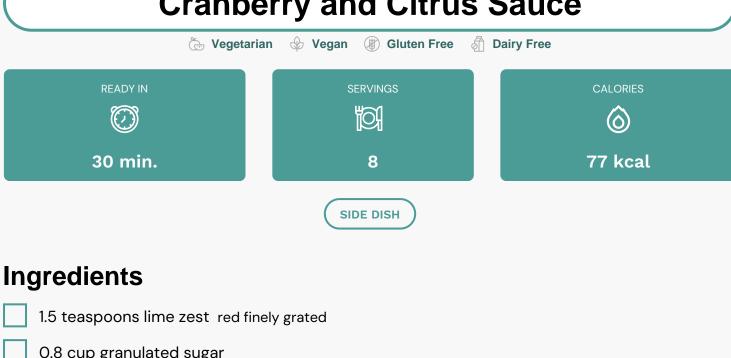


Cranberry and Citrus Sauce



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 mediun
heat, stirring until sugar is dissolved, about 5 minutes. Bring to a boil, stirring occasionally, the
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



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, Hesperetin: 1.4mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.03mg, Naringenin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 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: Og (0.02%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 19.83g (7.21%), Sugar: 19.59g (21.76%), Cholesterol: Omg (0%), Sodium: 0.31mg (0.01%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.08g (0.16%), Vitamin C: 5.96mg (7.22%)