



Cranberry and Orange Marmalade Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



56 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz cranberries fresh
- 0.5 cup sugar
- 2 teaspoons cornstarch
- 0.5 cup water
- 0.5 cup orange marmalade

Equipment

- sauce pan

Directions

- Wash cranberries; remove blemished berries.
- In 2-quart saucepan, mix sugar and cornstarch. Stir in water.
- Heat to boiling over medium-high heat, stirring occasionally. Stir in cranberries; heat to boiling. Simmer uncovered 5 to 8 minutes, stirring occasionally, until cranberries pop.
- Stir in marmalade.
- Serve sauce warm or chilled.

Nutrition Facts

PROTEIN 0.64% **FAT 0.58%** **CARBS 98.78%**

Properties

Glycemic Index:7.19, Glycemic Load:4.9, Inflammation Score:-1, Nutrition Score:0.65217391174773%

Flavonoids

Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 56.14kcal (2.81%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.01%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 14.2g (5.16%), Sugar: 12.84g (14.27%), Cholesterol: 0mg (0%), Sodium: 6.34mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin C: 2.46mg (2.99%), Manganese: 0.05mg (2.67%), Fiber: 0.58g (2.33%), Vitamin E: 0.19mg (1.29%)