



Cranberry and Orange Relish

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 16 ounces cranberries fresh ()
- ☐ 0.5 cup t brown sugar dark
- ☐ 2 tablespoons ginger fresh grated
- ☐ 1 cup orange juice
- ☐ 0.5 cup orange marmalade
- ☐ 2 tablespoons butter unsalted

Equipment

☐ sauce pan

Directions

- ☐ In a saucepan, over medium heat, melt the butter.
- ☐ Add the ginger and cook, stirring, for 2 minutes.
- ☐ Add the sugar, orange juice, and cranberries. Cook until the cranberries burst and the sauce thickens, about 15 minutes. Stir in the marmalade to taste (depending on desired sweetness). Turn off heat. Stir in the pepper and cilantro just before serving.
- ☐ Serve warm or at room temperature. Make Ahead: Prepare the relish up to 5 days in advance, omitting the pepper and cilantro. Cover and refrigerate. Warm it to room temperature, then stir in the pepper and cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:3.84, Inflammation Score:-4, Nutrition Score:4.1547825857997%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 168.29kcal (8.41%), Fat: 2.99g (4.6%), Saturated Fat: 1.82g (11.34%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 34.86g (12.68%), Sugar: 30.4g (33.77%), Cholesterol: 7.53mg (2.51%), Sodium: 17.13mg (0.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 24.49mg (29.68%), Manganese:

0.24mg (12.07%), Fiber: 2.31g (9.24%), Vitamin E: 0.86mg (5.73%), Potassium: 142.81mg (4.08%), Vitamin A: 196.57IU (3.93%), Copper: 0.08mg (3.8%), Vitamin K: 3.32µg (3.16%), Folate: 12.12µg (3.03%), Vitamin B6: 0.06mg (2.87%), Calcium: 28.63mg (2.86%), Vitamin B5: 0.26mg (2.56%), Vitamin B1: 0.04mg (2.43%), Magnesium: 9.49mg (2.37%), Iron: 0.34mg (1.91%), Vitamin B2: 0.03mg (1.63%), Phosphorus: 14.49mg (1.45%), Vitamin B3: 0.22mg (1.11%)