



WHATSheATE



Cranberry and Red-Grape Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

SIDE DISH

Ingredients



8 cups cranberry juice cocktail



3 cups cranberries dried



2 tablespoons juice of lemon fresh



1 teaspoon lemon zest finely grated



3 cups grapes red seedless halved

Equipment



bowl

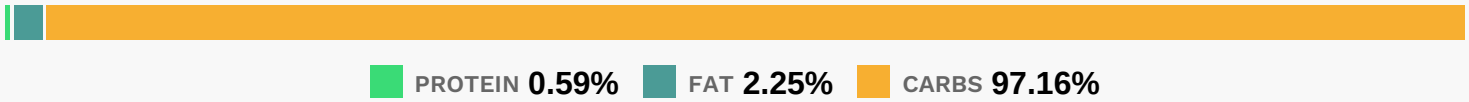


sauce pan

Directions

- ☐ Boil cranberry juice in heavy large saucepan until reduced to 1 cup, about 50 minutes.
- ☐ Place cranberries in large bowl; pour hot reduced juice over. Stir to coat. Cool. (Can be made 3 days ahead. Cover and refrigerate.
- ☐ Remove from refrigerator 1 hour before serving.) Just before serving, stir grapes, lemon juice, and peel into cranberries.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:33.3, Inflammation Score:-5, Nutrition Score:9.5256522012793%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 1.38mg, Peonidin: 1.38mg, Peonidin: 1.38mg, Peonidin: 1.38mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epicatechin: 3.34mg, Epicatechin: 3.34mg, Epicatechin: 3.34mg, Epicatechin: 3.34mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 422.18kcal (21.11%), Fat: 1.13g (1.74%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 109.79g (36.6%), Net Carbohydrates: 105.84g (38.49%), Sugar: 95.99g (106.65%), Cholesterol: 0mg (0%), Sodium: 11.36mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin C: 147.59mg (178.9%), Manganese: 0.38mg (18.84%), Vitamin K: 19µg (18.1%), Fiber: 3.94g (15.77%), Vitamin E: 2.17mg (14.44%), Copper: 0.17mg (8.45%), Potassium: 226.81mg (6.48%), Iron: 0.85mg (4.73%), Vitamin B6: 0.09mg (4.54%), Vitamin B2: 0.07mg (4.17%), Vitamin B1: 0.06mg (4.09%), Vitamin B5: 0.35mg (3.52%), Vitamin B3: 0.62mg (3.09%), Magnesium: 11.43mg (2.86%), Calcium: 23.87mg (2.39%), Phosphorus: 23.76mg (2.38%), Selenium: 1.12µg (1.6%), Vitamin A: 77.28IU (1.55%), Zinc: 0.22mg (1.45%)