



Cranberry, Apple, and Orange Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



18

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 qt cranberries fresh frozen thawed
- ☐ 2 medium apples i use 2 granny smith apples
- ☐ 0.5 medium optional: lemon unpeeled
- ☐ 1 cup slivered almonds toasted
- ☐ 0.5 cup sugar

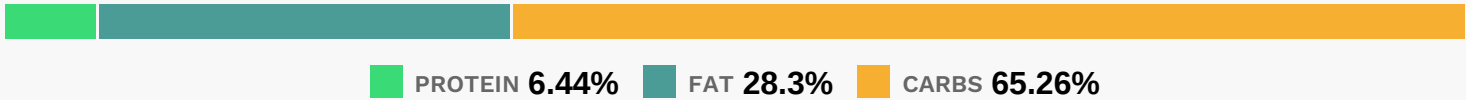
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Trim ends from oranges and lemon and discard.
- ☐ Cut citrus into 2-in. chunks, discarding seeds. Peel and core apples and cut into 2-in. chunks.
- ☐ Pulse fruit chunks and cranberries in batches in a food processor until coarsely chopped; pour into a bowl. Stir in sugar to taste.
- ☐ Add almonds up to 2 hours before serving.
- ☐ Make ahead: Chill up to 1 week.

Nutrition Facts



Properties

Glycemic Index:10.14, Glycemic Load:6.71, Inflammation Score:-3, Nutrition Score:4.2408695739249%

Flavonoids

Cyanidin: 24.88mg, Cyanidin: 24.88mg, Cyanidin: 24.88mg, Cyanidin: 24.88mg Delphinidin: 4.03mg, Delphinidin: 4.03mg, Delphinidin: 4.03mg, Delphinidin: 4.03mg Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 25.85mg, Peonidin: 25.85mg, Peonidin: 25.85mg, Peonidin: 25.85mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 3.5mg, Myricetin: 3.5mg, Myricetin: 3.5mg, Myricetin: 3.5mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 91.7kcal (4.58%), Fat: 3.12g (4.81%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 13g (4.73%), Sugar: 10.23g (11.37%), Cholesterol: 0mg (0%), Sodium: 1.43mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Manganese: 0.33mg (16.73%), Vitamin E: 2.27mg (15.14%), Fiber: 3.21g (12.85%), Vitamin C: 9.88mg (11.98%), Magnesium: 20.61mg (5.15%), Vitamin B2: 0.09mg (5.05%), Copper: 0.1mg (4.91%), Phosphorus: 37.35mg (3.73%), Potassium: 111.93mg (3.2%), Vitamin K: 3.07µg (2.93%), Vitamin B6:

0.05mg (2.44%), Calcium: 22.39mg (2.24%), Iron: 0.39mg (2.16%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.25mg (1.63%),
Vitamin B1: 0.02mg (1.55%), Vitamin B3: 0.29mg (1.46%), Folate: 4.1µg (1.03%)