



Cranberry, Apple, and Walnut Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons calvados
- ☐ 1 stick cinnamon (3-inch)
- ☐ 36 oz cranberries fresh ()
- ☐ 0.3 teaspoon ground allspice
- ☐ 3 pink lady apples
- ☐ 3 cups sugar raw
- ☐ 6 oz walnuts cooled toasted
- ☐ 1.5 cups water

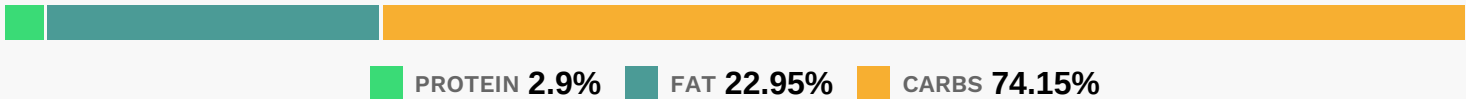
Equipment

☐ pot

Directions

- ☐ Simmer water, sugar, cinnamon stick, allspice, and half of cranberries (about 5 1/2 cups) in a 4- to 5-quart heavy pot over moderate heat, stirring occasionally, until cranberries just start to pop, about 5 minutes.
- ☐ Add half of remaining cranberries (about 3 cups) and simmer, stirring occasionally, 5 minutes.
- ☐ Meanwhile, peel and core apples, then cut into 1/4-inch dice.
- ☐ Add to cranberry mixture along with walnuts and remaining cranberries, then simmer, stirring occasionally, 5 minutes. Stir in Calvados and simmer 1 minute.
- ☐ Remove from heat and cool to warm or room temperature. Discard cinnamon stick.
- ☐ Conserve can be made 1 week ahead and cooled completely, uncovered, then chilled, covered. Bring to room temperature or warm if desired.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:5.08, Inflammation Score:-4, Nutrition Score:7.3721739727518%

Flavonoids

Cyanidin: 40.59mg, Cyanidin: 40.59mg, Cyanidin: 40.59mg, Cyanidin: 40.59mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.82mg, Peonidin: 41.82mg, Peonidin: 41.82mg, Peonidin: 41.82mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg Quercetin: 14.45mg, Quercetin: 14.45mg, Quercetin: 14.45mg, Quercetin: 14.45mg

Nutrients (% of daily need)

Calories: 361.59kcal (18.08%), Fat: 9.44g (14.52%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 68.59g (22.86%), Net Carbohydrates: 63.32g (23.03%), Sugar: 58.33g (64.82%), Cholesterol: 0mg (0%), Sodium: 5.5mg (0.24%), Alcohol: 0.83g (100%), Alcohol %: 0.47% (100%), Protein: 2.68g (5.36%), Manganese: 0.88mg (44.08%), Fiber: 5.27g (21.07%), Vitamin C: 14.21mg (17.23%), Copper: 0.3mg (14.81%), Vitamin E: 1.31mg (8.74%), Magnesium: 31.3mg (7.83%), Vitamin B6: 0.14mg (7.19%), Phosphorus: 64.24mg (6.42%), Potassium: 195.48mg (5.59%), Vitamin K: 5.73µg (5.45%), Iron: 0.88mg (4.87%), Vitamin B1: 0.07mg (4.44%), Folate: 16.14µg (4.03%), Zinc: 0.56mg (3.72%), Vitamin B5: 0.36mg (3.6%), Calcium: 33.51mg (3.35%), Vitamin B2: 0.05mg (2.96%), Vitamin A: 79.52IU (1.59%), Vitamin B3: 0.29mg (1.46%), Selenium: 0.79µg (1.13%)