



Cranberry, Apple, and Walnut Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



148 kcal

SIDE DISH

Ingredients

- 0.5 cup cranberry-apple juice
- 1 pound cranberries fresh
- 1 pound apples i use 2 granny smith apples diced peeled
- 1 cup sugar
- 0.7 cup walnuts coarsely chopped

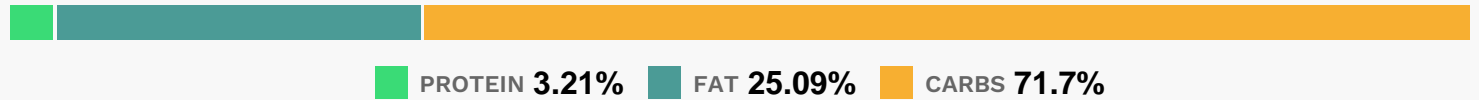
Equipment

- bowl
- sauce pan

Directions

- Combine sugar, juice, and cranberries in a large saucepan; bring to a boil over medium-high heat. Reduce heat; simmer 15 minutes or until cranberries pop and mixture thickens.
- Remove from heat; stir in apple and walnuts. Spoon into a bowl; cool. Cover and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:17.32, Glycemic Load:15, Inflammation Score:-2, Nutrition Score:3.5313043205634%

Flavonoids

Cyanidin: 18.32mg, Cyanidin: 18.32mg, Cyanidin: 18.32mg, Cyanidin: 18.32mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.59mg, Peonidin: 18.59mg, Peonidin: 18.59mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 148.47kcal (7.42%), Fat: 4.42g (6.8%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 25.69g (9.34%), Sugar: 23.34g (25.94%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Manganese: 0.38mg (18.98%), Fiber: 2.72g (10.9%), Vitamin C: 7.21mg (8.74%), Copper: 0.14mg (6.86%), Vitamin E: 0.61mg (4.09%), Magnesium: 14.94mg (3.74%), Vitamin B6: 0.07mg (3.69%), Phosphorus: 31.53mg (3.15%), Potassium: 110.12mg (3.15%), Vitamin K: 2.9µg (2.76%), Vitamin B1: 0.04mg (2.35%), Folate: 7.88µg (1.97%), Iron: 0.34mg (1.9%), Vitamin B2: 0.03mg (1.89%), Vitamin B5: 0.18mg (1.77%), Zinc: 0.25mg (1.69%), Calcium: 12.66mg (1.27%)