



WHATSheATE



Cranberry, Apple, and Walnut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 12 ounce cranberries fresh
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 2 cups apples i use 2 granny smith apples diced peeled
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 cup orange juice fresh (3 oranges)
- ☐ 1 tablespoon orange zest grated
- ☐ 1 cup sugar

- ☐ 0.5 cup walnut pieces toasted coarsely chopped
- ☐ 0.5 cup wine

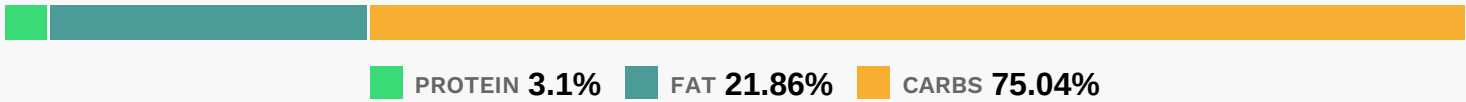
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a large saucepan; bring to a boil. Cook 3 minutes or until sugar dissolves, stirring frequently. Stir in apple, ginger, pepper, and cranberries; bring to a boil. Reduce heat, and simmer 35 minutes or until sauce thickens.
- ☐ Remove from heat; stir in rind. Cool; stir in walnuts.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:10.81, Inflammation Score:-2, Nutrition Score:2.6465217289717%

Flavonoids

Cyanidin: 10.22mg, Cyanidin: 10.22mg, Cyanidin: 10.22mg, Cyanidin: 10.22mg Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.46mg, Peonidin: 10.46mg, Peonidin: 10.46mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg, Epicatechin: 2.15mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 102.43kcal (5.12%), Fat: 2.51g (3.86%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 17.8g (6.47%), Sugar: 16.16g (17.96%), Cholesterol: 0mg (0%), Sodium: 1.33mg (0.06%), Alcohol:

0.77g (100%), Alcohol %: 1.34% (100%), Protein: 0.8g (1.6%), Manganese: 0.26mg (12.83%), Vitamin C: 10.1mg (12.24%), Fiber: 1.57g (6.29%), Copper: 0.08mg (4.11%), Magnesium: 10.18mg (2.55%), Vitamin B6: 0.05mg (2.41%), Potassium: 81.51mg (2.33%), Vitamin E: 0.35mg (2.33%), Phosphorus: 20.36mg (2.04%), Folate: 7.99µg (2%), Vitamin B1: 0.03mg (1.94%), Vitamin K: 1.63µg (1.55%), Iron: 0.25mg (1.37%), Vitamin B2: 0.02mg (1.26%), Vitamin B5: 0.12mg (1.22%), Calcium: 11.15mg (1.11%), Vitamin A: 53.9IU (1.08%), Zinc: 0.16mg (1.07%)