



Cranberry-Apple Cider Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 teaspoon allspice
- 3 cups apple cider
- 0.5 teaspoon cinnamon
- 2 cups cranberries fresh
- 1 medium golden delicious apple cored peeled cut into 1/4-inch dice
- 1 cup brown sugar light packed
- 1 pinch salt

Equipment

sauce pan

Directions

- In a large saucepan, bring cider to a boil and cook until reduced to 1 cup, about 40 minutes.
- Combine reduced cider, cranberries, sugar, spices, salt and apple in a medium saucepan. Cook over low heat, stirring until sugar has dissolved. Simmer sauce until thickened and cranberries have popped, stirring occasionally, 10 to 12 minutes. (Sauce will thicken more when cool.)

Nutrition Facts

PROTEIN 0.7% **FAT 0.98%** **CARBS 98.32%**

Properties

Glycemic Index:18.09, Glycemic Load:5.88, Inflammation Score:-1, Nutrition Score:2.3078261056672%

Flavonoids

Cyanidin: 11.63mg, Cyanidin: 11.63mg, Cyanidin: 11.63mg, Cyanidin: 11.63mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 6.42mg, Epicatechin: 6.42mg, Epicatechin: 6.42mg, Epicatechin: 6.42mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 169.39kcal (8.47%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 41.36g (15.04%), Sugar: 38.38g (42.64%), Cholesterol: 0mg (0%), Sodium: 17.12mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Manganese: 0.21mg (10.3%), Fiber: 1.68g (6.71%), Vitamin C: 4.35mg (5.27%), Potassium: 168.93mg (4.83%), Calcium: 35.25mg (3.53%), Vitamin B6: 0.05mg (2.63%), Vitamin E: 0.38mg (2.53%), Magnesium: 9.7mg (2.43%), Iron: 0.41mg (2.25%), Copper: 0.05mg (2.25%), Vitamin B1: 0.03mg (1.7%), Vitamin B5: 0.17mg (1.69%), Vitamin K: 1.67µg (1.59%), Vitamin B2: 0.03mg (1.51%), Phosphorus: 12.38mg (1.24%)