



Cranberry-Apple Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 12 ounce cranberries fresh
- ☐ 0.5 pound apples i use 2 granny smith apples peeled chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup grape juice white

Equipment

- ☐ sauce pan

Directions

☐ Combine all ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer until thick (about 15 minutes), stirring occasionally. Cool completely.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:1.4647826183101%

Flavonoids

Cyanidin: 10.16mg, Cyanidin: 10.16mg, Cyanidin: 10.16mg, Cyanidin: 10.16mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 1.78mg, Delphinidin: 1.78mg, Delphinidin: 1.78mg, Delphinidin: 1.78mg Malvidin: 0.98mg, Malvidin: 0.98mg, Malvidin: 0.98mg, Malvidin: 0.98mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.54mg, Peonidin: 10.54mg, Peonidin: 10.54mg, Peonidin: 10.54mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg 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: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 74.87kcal (3.74%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 18.15g (6.6%), Sugar: 16.85g (18.72%), Cholesterol: 0mg (0%), Sodium: 4.86mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.39%), Manganese: 0.17mg (8.63%), Fiber: 1.21g (4.82%), Vitamin C: 3.64mg (4.41%), Vitamin E: 0.31mg (2.06%), Potassium: 60.88mg (1.74%), Calcium: 16.23mg (1.62%), Vitamin K: 1.45µg (1.38%), Vitamin B6: 0.03mg (1.35%), Copper: 0.02mg (1.23%), Iron: 0.22mg (1.21%), Magnesium: 4.36mg (1.09%)