



## Cranberry-Apricot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



540 min.

SERVINGS



20

CALORIES



59 kcal

SAUCE

### Ingredients

- 1 stick cinnamon (3-inch)
- 4 cups cranberries fresh
- 0.5 cup apricots dried chopped
- 2 slices ginger fresh (1/4-inch-thick)
- 0.5 cup orange juice fresh
- 1 tablespoon red wine vinegar
- 1 cup sugar

### Equipment

sauce pan

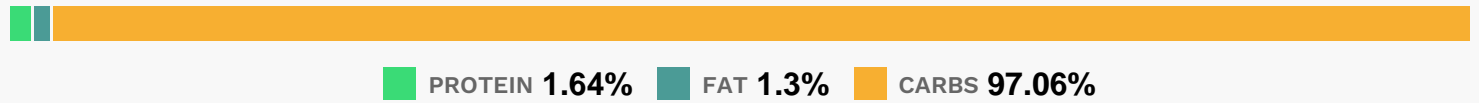
## Directions

Bring first 5 ingredients to a boil in a medium saucepan over medium–high heat, stirring until sugar is dissolved. Stir in cranberries and apricots, and return to a boil. Reduce heat to medium–low; simmer, stirring occasionally, 10 to 15 minutes or until berries begin to split and mixture begins to thicken.

Remove from heat; cool 30 minutes. Discard cinnamon and ginger.

Pour into a 3–cup mold; cover and chill 8 hours or until set.

## Nutrition Facts



## Properties

Glycemic Index:11.02, Glycemic Load:8.67, Inflammation Score:-2, Nutrition Score:1.5130434755398%

## Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 59.06kcal (2.95%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.03%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 14.15g (5.15%), Sugar: 13.1g (14.55%), Cholesterol: 0mg (0%), Sodium: 0.99mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin C: 5.95mg (7.22%), Manganese: 0.11mg (5.61%), Fiber: 1.07g (4.27%), Vitamin A: 142.05IU (2.84%), Vitamin E: 0.41mg (2.75%), Potassium: 68.18mg (1.95%), Copper: 0.03mg (1.34%), Vitamin K: 1.16µg (1.11%)