



Cranberry Burgundy Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



1

CALORIES



2498 kcal

SAUCE

Ingredients

- 1 cup brown sugar
- 1 cup brown sugar
- 2 teaspoons mustard prepared
- 1 can roasted cranberry sauce
- 0.5 cup wine dry red (wine)

Equipment

Nutrition Facts

PROTEIN 0.82% FAT 0.37% CARBS 98.81%

Properties

Glycemic Index:32, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:11.863043478261%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 12.57mg, Myricetin: 12.57mg, Myricetin: 12.57mg, Myricetin: 12.57mg Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg, Quercetin: 11.57mg

Nutrients (% of daily need)

Calories: 2497.97kcal (124.9%), Fat: 1.02g (1.57%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 618.3g (206.1%), Net Carbohydrates: 612.89g (222.87%), Sugar: 571g (634.44%), Cholesterol: 0mg (0%), Sodium: 255.85mg (11.12%), Alcohol: 12.6g (70%), Protein: 5.11g (10.23%), Calcium: 385.09mg (38.51%), Manganese: 0.6mg (29.76%), Iron: 5.14mg (28.56%), Vitamin E: 4.25mg (28.32%), Fiber: 5.41g (21.65%), Potassium: 727.04mg (20.77%), Copper: 0.33mg (16.6%), Selenium: 10.49µg (14.99%), Magnesium: 53.46mg (13.36%), Vitamin B6: 0.25mg (12.54%), Vitamin K: 6.49µg (6.18%), Vitamin B5: 0.61mg (6.11%), Vitamin B2: 0.1mg (5.98%), Vitamin B1: 0.09mg (5.79%), Vitamin C: 4.57mg (5.54%), Vitamin B3: 0.99mg (4.97%), Phosphorus: 46.52mg (4.65%), Vitamin A: 197.36IU (3.95%), Folate: 9.63µg (2.41%), Zinc: 0.33mg (2.21%)