



Cranberry Citrus Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



20 kcal

SAUCE

Ingredients

- 2 teaspoons butter
- 0.5 cup cranberries fresh
- 2 tablespoons juice of lime fresh
- 2 teaspoons lime rind grated
- 2 tablespoons orange juice fresh
- 0.7 cup sugar
- 0.3 cup water

Equipment

sauce pan

Directions

Combine sugar and 1/4 cup water in a small saucepan over medium-high heat; cook 2 minutes or until sugar dissolves, stirring constantly. Reduce heat; stir in cranberries, orange juice, rind, and lime juice. Cook 5 minutes or until mixture foams and cranberries pop.

Remove from heat; stir in the butter.

Nutrition Facts

PROTEIN **0.43%** FAT **11.82%** CARBS **87.75%**

Properties

Glycemic Index:7.78, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:0.15173912882481%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 19.75kcal (0.99%), Fat: 0.27g (0.42%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 4.47g (1.63%), Sugar: 4.33g (4.81%), Cholesterol: 0.67mg (0.22%), Sodium: 2.21mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin C: 1.07mg (1.29%)