



## Cranberry Conserve

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



22

CALORIES



675 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 apples cored chopped
- 3 quarts cranberries rinsed drained
- 4 juice of orange divided grated
- 1.5 cups pecans divided chopped
- 2 pounds raisins
- 12 cups sugar divided
- 2 quarts water

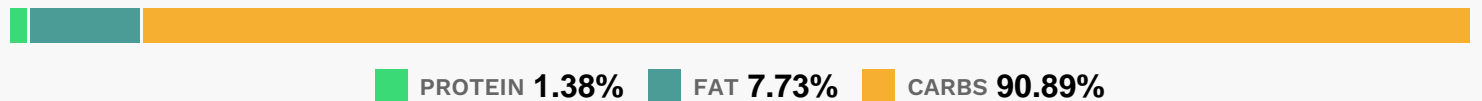
### Equipment

- ladle
- candy thermometer

## Directions

- Combine cranberries, apples, raisins, and water in a flat-bottomed kettle. Bring to a boil; reduce heat, and simmer, stirring frequently, 10 minutes or until cranberries are tender. Divide mixture into 4 equal portions.
- Return one portion of cranberry mixture to kettle.
- Add one fourth of orange rind and juice and 3 cups sugar; stir well. Bring to a boil; boil, stirring frequently, until mixture registers 220 on a candy thermometer or until mixture sheets from a cold metal spoon.
- Add one-fourth of pecans; stir well.
- Remove from heat; skim off foam.
- Ladle conserve into hot sterilized jars, leaving 1/4-inch headspace. Cover with metal lids, and screw bands tight. Process in boiling-water bath 15 minutes. Repeat procedure 3 times, using one-fourth of remaining ingredients each time.

## Nutrition Facts



## Properties

Glycemic Index:12.18, Glycemic Load:100.23, Inflammation Score:-5, Nutrition Score:10.405217393585%

## Flavonoids

Cyanidin: 61.23mg, Cyanidin: 61.23mg, Cyanidin: 61.23mg, Cyanidin: 61.23mg Delphinidin: 10.44mg, Delphinidin: 10.44mg, Delphinidin: 10.44mg, Delphinidin: 10.44mg Malvidin: 0.57mg, Malvidin: 0.57mg, Malvidin: 0.57mg, Malvidin: 0.57mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 63.45mg, Peonidin: 63.45mg, Peonidin: 63.45mg, Peonidin: 63.45mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg, Epigallocatechin: 1.46mg Epicatechin: 8.19mg, Epicatechin: 8.19mg, Epicatechin: 8.19mg, Epicatechin: 8.19mg Epigallocatechin 3-gallate: 1.49mg, Epigallocatechin 3-gallate: 1.49mg, Epigallocatechin 3-gallate: 1.49mg, Epigallocatechin 3-gallate: 1.49mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 8.56mg, Myricetin: 8.56mg, Myricetin: 8.56mg, Myricetin: 8.56mg Quercetin: 20.5mg, Quercetin: 20.5mg, Quercetin: 20.5mg, Quercetin: 20.5mg

## Nutrients (% of daily need)

Calories: 674.89kcal (33.74%), Fat: 6.17g (9.49%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 163.23g (54.41%), Net Carbohydrates: 154.25g (56.09%), Sugar: 119.04g (132.26%), Cholesterol: 0mg (0%), Sodium: 19.96mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Manganese: 0.93mg (46.33%), Fiber: 8.98g (35.92%), Vitamin C: 27.35mg (33.15%), Copper: 0.32mg (16.06%), Potassium: 533.31mg (15.24%), Vitamin E: 1.87mg (12.48%), Iron: 1.67mg (9.27%), Vitamin B6: 0.18mg (9.23%), Vitamin B2: 0.14mg (8.42%), Vitamin B1: 0.13mg (8.41%), Magnesium: 32.82mg (8.21%), Phosphorus: 71.2mg (7.12%), Vitamin K: 7.45µg (7.1%), Vitamin B5: 0.5mg (5.04%), Zinc: 0.57mg (3.77%), Vitamin B3: 0.75mg (3.75%), Calcium: 33.93mg (3.39%), Vitamin A: 121.28IU (2.43%), Folate: 8.43µg (2.11%), Selenium: 1.32µg (1.89%)