

Cranberry Conserve

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

1105 kcal

SIDE DISH

Ingredients

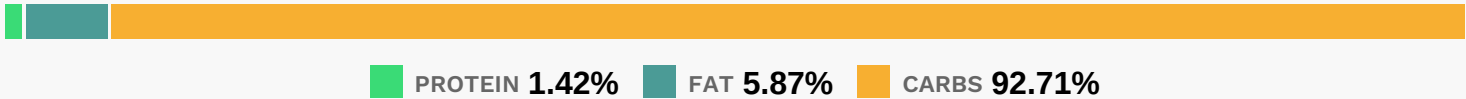
- ☐ 2 quarts cranberries
- ☐ 1 cup orange segents diced
- ☐ 0.5 pound raisins
- ☐ 0.5 cup walnuts chopped
- ☐ 6 cups sugar white

Equipment

Directions

- ☐ Just cover cranberries with fresh cold water and bring to a boil, cooking until berries are soft.
- ☐ Add the sugar, orange pulp, and raisins, and simmer slowly until thick.
- ☐ Add the nut meats. Continue cooking for 5 more minutes. May be served warm or chilled.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:168.81, Inflammation Score:-8, Nutrition Score:17.987826191861%

Flavonoids

Cyanidin: 146.73mg, Cyanidin: 146.73mg, Cyanidin: 146.73mg, Cyanidin: 146.73mg Delphinidin: 24.2mg, Delphinidin: 24.2mg, Delphinidin: 24.2mg, Delphinidin: 24.2mg Malvidin: 1.39mg, Malvidin: 1.39mg, Malvidin: 1.39mg, Malvidin: 1.39mg Pelargonidin: 1.01mg, Pelargonidin: 1.01mg, Pelargonidin: 1.01mg, Pelargonidin: 1.01mg Peonidin: 155.08mg, Peonidin: 155.08mg, Peonidin: 155.08mg, Peonidin: 155.08mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 2.33mg, Epigallocatechin: 2.33mg, Epigallocatechin: 2.33mg, Epigallocatechin: 2.33mg Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg Epigallocatechin 3-gallate: 3.06mg, Epigallocatechin 3-gallate: 3.06mg, Epigallocatechin 3-gallate: 3.06mg, Epigallocatechin 3-gallate: 3.06mg Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 20.96mg, Myricetin: 20.96mg, Myricetin: 20.96mg, Myricetin: 20.96mg Quercetin: 46.95mg, Quercetin: 46.95mg, Quercetin: 46.95mg, Quercetin: 46.95mg

Nutrients (% of daily need)

Calories: 1104.86kcal (55.24%), Fat: 7.65g (11.76%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 271.59g (90.53%), Net Carbohydrates: 256.29g (93.2%), Sugar: 216.13g (240.14%), Cholesterol: 0mg (0%), Sodium: 19.09mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Manganese: 1.58mg (79.25%), Vitamin C: 62.29mg (75.5%), Fiber: 15.3g (61.2%), Vitamin E: 4.29mg (28.57%), Copper: 0.47mg (23.67%), Potassium: 665.5mg (19.01%), Vitamin B6: 0.32mg (16.06%), Vitamin K: 16.04µg (15.27%), Magnesium: 48.67mg (12.17%), Iron: 2.12mg (11.77%), Vitamin B2: 0.2mg (11.56%), Vitamin B5: 1.08mg (10.78%), Phosphorus: 100.98mg (10.1%), Vitamin B1: 0.14mg (9.3%), Calcium: 59.37mg (5.94%), Folate: 22.84µg (5.71%), Vitamin A: 258.72IU (5.17%), Vitamin B3: 0.93mg (4.67%), Zinc: 0.69mg (4.63%), Selenium: 2.37µg (3.39%)