



Cranberry Conserve

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



409 kcal

SIDE DISH

Ingredients

- 12 ounces cranberries fresh
- 3 cups apples i use 2 granny smith apples cored
- 0.3 teaspoon kosher salt
- 1 tablespoon orange zest finely grated (from 1 medium orange)
- 1 cup currant jelly red
- 1 cup sugar
- 0.5 cup walnuts toasted coarsely chopped

Equipment

- bowl
- sauce pan

Directions

- Place the walnuts, orange juice, and zest in large heatproof bowl; set aside.
- Place the cranberries, jelly, sugar, and salt in a medium saucepan over medium–low heat and bring to a boil, stirring to dissolve the sugar.
- Add the apples and continue to simmer until the cranberries start to pop, about 10 minutes.
- Pour the hot cranberry mixture over the walnut mixture and stir to combine. Cool to room temperature, then store in an airtight container until ready to serve.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:48.96, Inflammation Score:-4, Nutrition Score:6.5365218390589%

Flavonoids

Cyanidin: 27.57mg, Cyanidin: 27.57mg, Cyanidin: 27.57mg, Cyanidin: 27.57mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.89mg, Peonidin: 27.89mg, Peonidin: 27.89mg, Peonidin: 27.89mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 7.18mg, Epicatechin: 7.18mg, Epicatechin: 7.18mg, Epicatechin: 7.18mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.67mg, Epigallocatechin 3–gallate: 0.67mg, Epigallocatechin 3–gallate: 0.67mg, Epigallocatechin 3–gallate: 0.67mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg

Nutrients (% of daily need)

Calories: 409.18kcal (20.46%), Fat: 6.69g (10.29%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 89.26g (29.75%), Net Carbohydrates: 84.33g (30.67%), Sugar: 69.93g (77.7%), Cholesterol: 0mg (0%), Sodium: 117.35mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Manganese: 0.58mg (29.16%), Vitamin C: 17.29mg (20.95%), Fiber: 4.92g (19.69%), Copper: 0.26mg (13.18%), Vitamin E: 1mg (6.66%), Vitamin B6: 0.12mg (6.17%),

Magnesium: 24.42mg (6.11%), Phosphorus: 57.82mg (5.78%), Potassium: 201.67mg (5.76%), Vitamin B2: 0.09mg (5.44%), Folate: 18.53µg (4.63%), Iron: 0.79mg (4.4%), Vitamin K: 4.47µg (4.26%), Vitamin B1: 0.06mg (4.06%), Calcium: 31.18mg (3.12%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.28mg (2.77%), Selenium: 1.88µg (2.68%), Vitamin A: 73.92IU (1.48%), Vitamin B3: 0.25mg (1.26%)