



## 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%)