



Cranberry-Coriander Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup apple cider
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons cider vinegar
- ☐ 1 stick cinnamon (3-inch)
- ☐ 3 cups cranberries fresh
- ☐ 6 mint leaves fresh
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups orange juice

☐ 2 teaspoons reserved or crushed

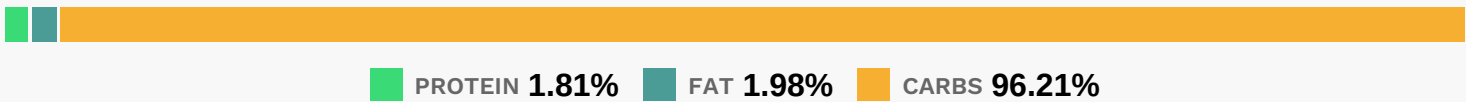
Equipment

☐ sauce pan

Directions

- ☐ Cook all ingredients in a heavy saucepan over medium heat 30 minutes or until mixture thickens. Cool.
- ☐ Remove cinnamon stick. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:25.28, Glycemic Load:10.82, Inflammation Score:-3, Nutrition Score:3.4460869431496%

Flavonoids

Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 14.75mg, Peonidin: 14.75mg, Peonidin: 14.75mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 4.51mg, Hesperetin: 4.51mg, Hesperetin: 4.51mg, Hesperetin: 4.51mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.01mg, Myricetin: 2.01mg, Myricetin: 2.01mg, Myricetin: 2.01mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 107.25kcal (5.36%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 25.43g (9.25%), Sugar: 23.03g (25.59%), Cholesterol: 0mg (0%), Sodium: 4.27mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin C: 23.23mg (28.16%), Manganese: 0.21mg (10.66%), Fiber: 1.59g (6.35%), Potassium: 136.42mg (3.9%), Folate: 12.24µg (3.06%), Vitamin E: 0.42mg (2.8%), Vitamin B1: 0.04mg (2.79%), Vitamin A: 119.08IU (2.38%), Magnesium: 9.5mg (2.37%), Copper: 0.05mg (2.33%),

Calcium: 21.95mg (2.19%), Vitamin B6: 0.04mg (1.96%), Iron: 0.35mg (1.95%), Vitamin B5: 0.18mg (1.8%), Vitamin K: 1.65µg (1.57%), Vitamin B2: 0.02mg (1.45%), Phosphorus: 13.56mg (1.36%), Vitamin B3: 0.22mg (1.11%)