

SIDE DISH

Cranberry-Corn Relish

19 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.53	132 kcal

Need a gluten free and dairy free side dish? Cranberry-Corn Relish could be an awesome recipe to try. This recipe makes 8 servings with 132 calories, 2g of protein, and 1g of fat each. For 53 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 4½ ounce chopped green chiles
canned
- ☐ 2 tablespoons minced fresh cilantro
- ☐ 16 ounce whole-berry cranberry sauce
canned
- ☐ 15¼ ounce whole-kernel corn, drained
canned
- ☐ ¼ cup diced red onion

EQUIPMENT Bowl

Method

- 1 Combine all ingredients in a small bowl. Cover and chill at least 30 minutes.

Nutrition per serving

132

KCAL

2 g

PROTEIN

1 g

FAT

32 g

CARBS

Saturated Fat	0.1 g · 1% of daily needs
Fibre	2.1 g · 8% of daily needs
Sugar	20.6 g · 23% of daily needs
Sodium	177 mg · 8% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	7.3 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cranberry-corn-relish-143878