



Cranberry-Fig Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 12 ounce cranberries fresh
- ☐ 0.8 cup figs dried chopped
- ☐ 0.5 cup wine dry red
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup orange juice fresh (4 oranges)
- ☐ 0.3 cup pecans toasted chopped

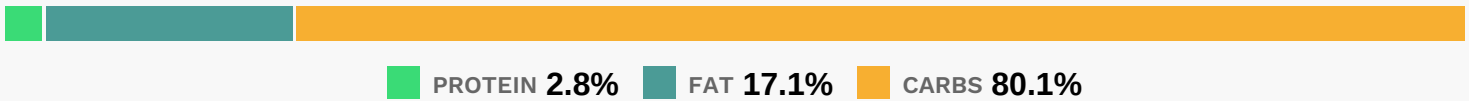
Equipment

☐ sauce pan

Directions

- ☐ Combine the first 3 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Add sugars and cranberries. Cook over medium heat 10 minutes or until mixture is slightly thick and berries pop, stirring occasionally. Cool slightly. Stir in pecans. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:17.34, Glycemic Load:9.56, Inflammation Score:-3, Nutrition Score:3.5460869993853%

Flavonoids

Cyanidin: 13.49mg, Cyanidin: 13.49mg, Cyanidin: 13.49mg, Cyanidin: 13.49mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 2.81mg, Delphinidin: 2.81mg, Delphinidin: 2.81mg, Delphinidin: 2.81mg Malvidin: 2.75mg, Malvidin: 2.75mg, Malvidin: 2.75mg, Malvidin: 2.75mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 14.12mg, Peonidin: 14.12mg, Peonidin: 14.12mg, Peonidin: 14.12mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 124.25kcal (6.21%), Fat: 2.37g (3.65%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 22.71g (8.26%), Sugar: 20.29g (22.54%), Cholesterol: 0mg (0%), Sodium: 3.07mg (0.13%), Alcohol: 1.05g (100%), Alcohol %: 1.58% (100%), Protein: 0.87g (1.75%), Vitamin C: 14.45mg (17.51%), Manganese: 0.29mg (14.6%), Fiber: 2.27g (9.06%), Copper: 0.09mg (4.54%), Potassium: 146.01mg (4.17%), Magnesium: 14.38mg (3.6%), Vitamin B1: 0.05mg (3.33%), Vitamin E: 0.46mg (3.06%), Vitamin K: 3µg (2.85%), Calcium: 25.63mg (2.56%), Iron: 0.41mg (2.27%), Phosphorus: 21.44mg (2.14%), Vitamin B6: 0.04mg (2.13%), Folate: 8.03µg (2.01%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.24mg (1.58%), Vitamin B2: 0.03mg (1.47%), Vitamin A: 60.97IU (1.22%), Vitamin B3: 0.21mg (1.05%)