



Cranberry Fruit Conserve

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

632 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce cranberries fresh cleaned
- ☐ 1 apples i use 2 granny smith apples cored peeled chopped
- ☐ 1 juice of lemon grated
- ☐ 1 juice of orange grated
- ☐ 0.8 cup raisins
- ☐ 1.8 cups sugar
- ☐ 0.8 cup walnuts chopped

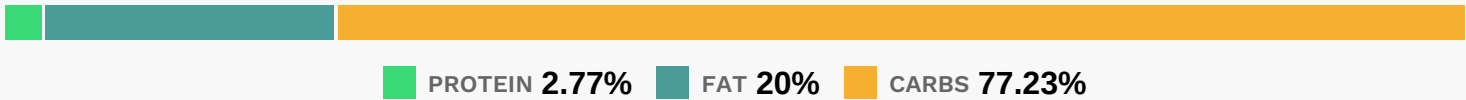
Equipment

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the cranberries, sugar, and 1 cup of water in a saucepan over low heat for about 5 minutes, or until the skins pop open.
- ☐ Add the apple, zests, and juices and cook for 15 more minutes.
- ☐ Remove from the heat and add the raisins and nuts.
- ☐ Let cool, and serve chilled.

Nutrition Facts



Properties

Glycemic Index:69.47, Glycemic Load:78.52, Inflammation Score:-5, Nutrition Score:11.589565194171%

Flavonoids

Cyanidin: 40.8mg, Cyanidin: 40.8mg, Cyanidin: 40.8mg, Cyanidin: 40.8mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.82mg, Peonidin: 41.82mg, Peonidin: 41.82mg, Peonidin: 41.82mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 5.65mg, Myricetin: 5.65mg, Myricetin: 5.65mg, Myricetin: 5.65mg Quercetin: 14.51mg, Quercetin: 14.51mg, Quercetin: 14.51mg, Quercetin: 14.51mg

Nutrients (% of daily need)

Calories: 632kcal (31.6%), Fat: 14.97g (23.02%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 130.05g (43.35%), Net Carbohydrates: 122.53g (44.56%), Sugar: 97.71g (108.57%), Cholesterol: 0mg (0%), Sodium: 11.31mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Manganese: 1.15mg (57.51%), Vitamin C: 26.16mg (31.7%), Fiber: 7.52g (30.1%), Copper: 0.5mg (25.24%), Potassium: 477.24mg (13.64%), Magnesium: 52.3mg

(13.07%), Vitamin B6: 0.25mg (12.27%), Phosphorus: 113.8mg (11.38%), Iron: 1.67mg (9.29%), Vitamin B1: 0.14mg (9.23%), Vitamin E: 1.38mg (9.17%), Vitamin B2: 0.13mg (7.85%), Folate: 30.53µg (7.63%), Zinc: 0.84mg (5.61%), Vitamin K: 5.86µg (5.58%), Vitamin B5: 0.45mg (4.54%), Calcium: 41.62mg (4.16%), Vitamin B3: 0.74mg (3.71%), Selenium: 1.87µg (2.67%), Vitamin A: 110.44IU (2.21%)