

Cranberry Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup orange juice
- ☐ 2 tablespoons orange rind grated
- ☐ 2 medium oranges
- ☐ 1 cup whole-berry cranberry sauce

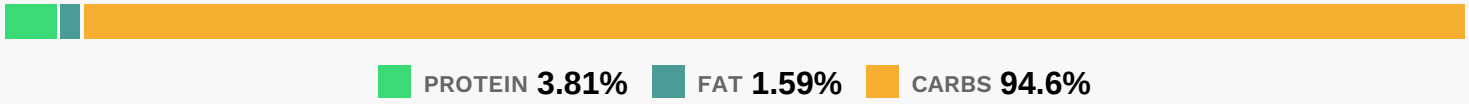
Equipment

- ☐ sauce pan

Directions

- ☐
- Peel oranges; discard seeds and white membrane. Chop pulp; set aside.
- ☐
- Combine cranberry sauce, orange juice, ginger, and orange rind in a medium saucepan; add orange pulp, mixing well. Cook over low heat until thoroughly heated, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:2.95, Inflammation Score:-3, Nutrition Score:3.8260869202407%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 12.63mg, Hesperetin: 12.63mg, Hesperetin: 12.63mg, Hesperetin: 12.63mg Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 86.87kcal (4.34%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 20.28g (7.38%), Sugar: 16.8g (18.67%), Cholesterol: 0mg (0%), Sodium: 2.14mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin C: 35.31mg (42.8%), Fiber: 1.41g (5.64%), Folate: 19.94µg (4.99%), Vitamin B1: 0.06mg (4.23%), Potassium: 135.91mg (3.88%), Manganese: 0.08mg (3.76%), Vitamin A: 156.73IU (3.13%), Vitamin E: 0.4mg (2.67%), Vitamin B6: 0.04mg (2.02%), Calcium: 20.12mg (2.01%), Magnesium: 7.98mg (2%), Copper: 0.04mg (1.97%), Vitamin B2: 0.03mg (1.84%), Iron: 0.28mg (1.53%), Vitamin B5: 0.15mg (1.49%), Vitamin B3: 0.28mg (1.38%), Phosphorus: 11.78mg (1.18%)