



Cranberry Grape Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



22

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups grapes red seedless
- 2 cups apple cider
- 3 cups cranberries dried sweetened
- 1 tablespoon juice of lemon fresh
- 1 teaspoon orange zest grated
- 0.8 cup navel oranges peeled chopped

Equipment

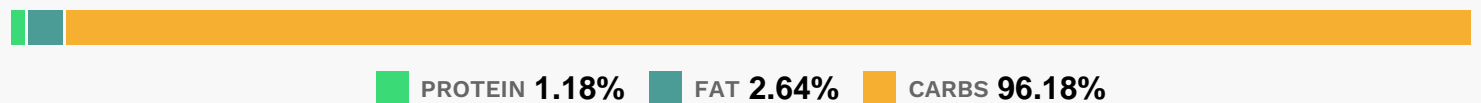
- food processor

- bowl
- sauce pan
- slotted spoon

Directions

- In food processor, place grapes. Cover; process, with on-and-off pulses, until grapes are coarsely chopped, scraping bowl occasionally.
- In 3-quart saucepan, heat apple cider to boiling over medium-high heat. Boil about 12 minutes or until reduced to 1 cup.
- Add cranberries and half of the grapes. Cook over medium-high heat 8 minutes.
- Remove from heat; place cranberry mixture in medium bowl. Stir in lemon juice, orange peel, chopped orange and remaining grapes. Cover and refrigerate at least 1 hour or until well chilled.
- Serve with a slotted spoon, if desired.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:2.6, Inflammation Score:-1, Nutrition Score:1.6073913075354%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 77.98kcal (3.9%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 19.37g (7.04%), Sugar: 17.75g (19.72%), Cholesterol: 0mg (0%), Sodium: 2.16mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Vitamin C: 4.6mg (5.57%), Fiber: 1.24g (4.96%), Vitamin K: 4.26µg (4.06%), Manganese: 0.08mg (3.8%), Vitamin E: 0.4mg (2.65%), Potassium: 79.33mg (2.27%), Copper:

0.04mg (2.08%), Vitamin B1: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.64%), Vitamin B2: 0.03mg (1.51%)