



WHATSheATE



Cranberry Horseradish Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



94 kcal

SAUCE

Ingredients

- ☐ 12 oz cranberries fresh
- ☐ 6 oz horseradish fresh packed finely grated prepared peeled
- ☐ 0.7 cup sugar
- ☐ 0.3 cup water

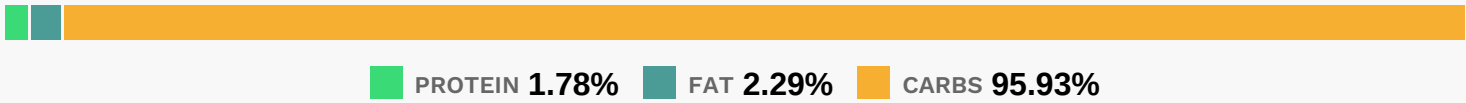
Equipment

- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Bring cranberries, horseradish, sugar, and water to a simmer in a 3-quart heavy saucepan over moderate heat, stirring with a wooden spoon until sugar is dissolved. Simmer, uncovered, stirring and mashing berries frequently with spoon, until berries break down, 5 to 10 minutes.
- ☐ Serve sauce warm or at room temperature.
- ☐ Sauce can be made 2 days ahead and cooled completely, uncovered, then chilled, covered. Bring to room temperature or reheat over low heat before serving.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:13.84, Inflammation Score:-2, Nutrition Score:2.5926087084024%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 93.93kcal (4.7%), Fat: 0.26g (0.39%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 21.87g (7.95%), Sugar: 20.15g (22.39%), Cholesterol: 0mg (0%), Sodium: 90.81mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin C: 11.25mg (13.63%), Manganese: 0.18mg (9.03%), Fiber: 2.23g (8.93%), Vitamin E: 0.56mg (3.76%), Folate: 12.54µg (3.14%), Potassium: 86.66mg (2.48%), Vitamin K: 2.4µg (2.29%), Magnesium: 8.39mg (2.1%), Vitamin B6: 0.04mg (1.99%), Copper: 0.04mg (1.94%), Calcium: 15.77mg (1.58%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.22mg (1.45%), Phosphorus: 11.27mg (1.13%), Iron: 0.2mg (1.09%), Selenium: 0.74µg (1.05%)