



Cranberry Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



3

CALORIES



381 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons almond liqueur
- ☐ 1 cup firmly brown sugar light packed
- ☐ 12 ounce cranberries fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated

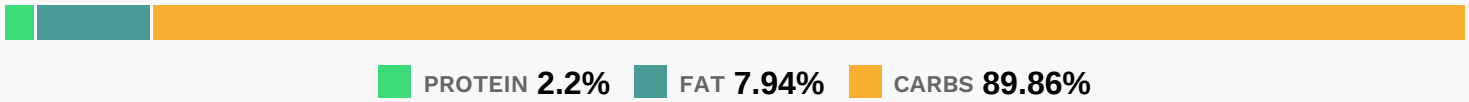
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a medium saucepan. Cook over medium heat 10 minutes or until thickened; stir in liqueur. Cool completely.
- ☐ Serve at room temperature or chilled.
- ☐ Make Ahead: Both the torte and the cranberry jam can be made a day ahead and chilled until ready to serve.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:5.44, Inflammation Score:-5, Nutrition Score:8.3339131137599%

Flavonoids

Cyanidin: 52.81mg, Cyanidin: 52.81mg, Cyanidin: 52.81mg, Cyanidin: 52.81mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 7.53mg, Myricetin: 7.53mg, Myricetin: 7.53mg, Myricetin: 7.53mg Quercetin: 16.9mg, Quercetin: 16.9mg, Quercetin: 16.9mg, Quercetin: 16.9mg

Nutrients (% of daily need)

Calories: 380.67kcal (19.03%), Fat: 3.52g (5.41%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 89.64g (29.88%), Net Carbohydrates: 84.47g (30.72%), Sugar: 78g (86.67%), Cholesterol: 0mg (0%), Sodium: 23.13mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin C: 28.93mg (35.07%), Manganese: 0.61mg (30.52%), Vitamin E: 3.22mg (21.45%), Fiber: 5.17g (20.68%), Calcium: 93.37mg (9.34%), Copper: 0.18mg (8.88%), Magnesium: 34.12mg (8.53%), Potassium: 282.69mg (8.08%), Vitamin B2: 0.11mg (6.28%), Iron: 1.09mg (6.03%), Vitamin B6: 0.12mg (5.78%), Vitamin K: 5.69µg (5.42%), Phosphorus: 51.41mg (5.14%), Vitamin B5: 0.51mg (5.12%), Vitamin B1: 0.05mg (3.22%), Folate: 11.6µg (2.9%), Vitamin B3: 0.54mg (2.69%), Vitamin A: 117.84IU (2.36%), Zinc: 0.35mg (2.32%), Selenium: 1.31µg (1.87%)