



Cranberry Jezebel Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



488 kcal

SAUCE

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 12 ounce cranberries fresh
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoons horseradish prepared
- ☐ 0.5 cup pineapple preserves
- ☐ 1 cup water

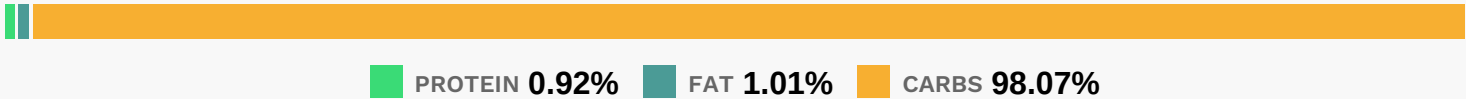
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring first 3 ingredients to a boil, stirring often, in a saucepan over medium-high heat; add cranberries.
- ☐ Return mixture to a boil. Reduce heat, and simmer, stirring often, 10 minutes or until cranberry skins begin to pop and mixture begins to thicken.
- ☐ Remove from heat.
- ☐ Stir in preserves, horseradish, and mustard; remove pan from heat, and let sauce cool. Cover and chill until ready to serve.
- ☐ Note: Sauce may be stored in an airtight container in the refrigerator up to two weeks.

Nutrition Facts



Properties

Glycemic Index:79.03, Glycemic Load:49.12, Inflammation Score:-4, Nutrition Score:6.8939130720885%

Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg 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: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg

Nutrients (% of daily need)

Calories: 487.61kcal (24.38%), Fat: 0.57g (0.87%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 123.78g (41.26%), Net Carbohydrates: 118.37g (43.04%), Sugar: 102.43g (113.81%), Cholesterol: 0mg (0%), Sodium: 152.94mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin C: 24.62mg (29.84%), Manganese: 0.5mg (24.77%), Fiber: 5.42g (21.66%), Vitamin E: 1.58mg (10.56%), Copper: 0.16mg (8.24%), Potassium: 228.19mg (6.52%),

Calcium: 65.09mg (6.51%), Selenium: 4.01µg (5.72%), Vitamin K: 5.94µg (5.66%), Iron: 0.96mg (5.32%), Vitamin B6: 0.11mg (5.27%), Magnesium: 19.61mg (4.9%), Vitamin B2: 0.08mg (4.65%), Vitamin B5: 0.42mg (4.23%), Folate: 16.63µg (4.16%), Phosphorus: 34.76mg (3.48%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.31mg (2.1%), Vitamin A: 71.89IU (1.44%), Vitamin B3: 0.26mg (1.31%)