



Cranberry Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup cider vinegar
- ☐ 1.7 cups cranberries fresh
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots chopped
- ☐ 0.3 cup water

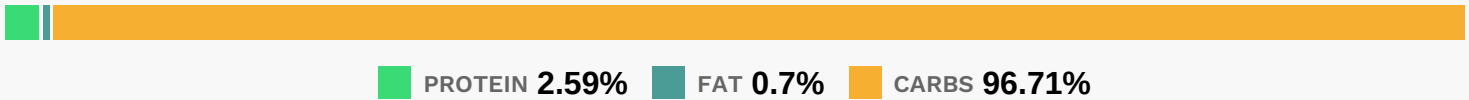
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine cranberries, brown sugar, chopped shallots, cider vinegar, water, salt, and red pepper in a medium, heavy saucepan over medium-high heat; bring to a boil. Cook 10 minutes or until thick, stirring occasionally.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Pour into a blender; process until smooth.
- ☐ Transfer to a bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:1.42, Inflammation Score:-2, Nutrition Score:1.8269565299801%

Flavonoids

Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg Delphinidin: 1.6mg, Delphinidin: 1.6mg, Delphinidin: 1.6mg, Delphinidin: 1.6mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.24mg, Peonidin: 10.24mg, Peonidin: 10.24mg, Peonidin: 10.24mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 74.4kcal (3.72%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 17.34g (6.3%), Sugar: 15.43g (17.14%), Cholesterol: 0mg (0%), Sodium: 154.18mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Manganese: 0.15mg (7.4%), Fiber: 1.27g (5.07%), Vitamin C: 4.1mg (4.97%), Vitamin B6: 0.07mg (3.56%), Potassium: 92.26mg (2.64%), Vitamin E: 0.33mg (2.19%), Iron: 0.36mg (2%), Calcium: 19.8mg (1.98%), Copper: 0.03mg (1.71%), Magnesium: 6.23mg (1.56%), Folate: 5.41µg (1.35%), Phosphorus:

12.69mg (1.27%), Vitamin B5: 0.12mg (1.24%), Vitamin K: 1.29µg (1.23%)