

Cranberry Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 3.5 cups cranberries fresh thawed (not ; 1 lb)
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 medium onion chopped
- ☐ 0.5 inch orange zest fresh
- ☐ 1.5 teaspoons salt
- ☐ 2 cups water

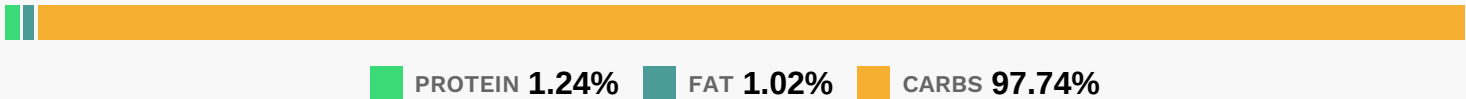
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Simmer onion in water in a 3- to 4-quart heavy saucepan, uncovered, until tender, 10 to 15 minutes.
- ☐ Add cranberries and zest and simmer, uncovered, until berries are collapsed, about 10 minutes. Discard zest. Purée berries in a food processor, then force through a large sieve into saucepan and discard solids.
- ☐ Stir in sugars, five-spice powder, and salt and simmer, stirring occasionally, 5 minutes, then cool completely.
- ☐ • Cranberry ketchup keeps, chilled in an airtight container, 1 month.

Nutrition Facts



Properties

Glycemic Index:49.03, Glycemic Load:28.45, Inflammation Score:-5, Nutrition Score:6.0478261605553%

Flavonoids

Cyanidin: 54.17mg, Cyanidin: 54.17mg, Cyanidin: 54.17mg, Cyanidin: 54.17mg Delphinidin: 8.95mg, Delphinidin: 8.95mg, Delphinidin: 8.95mg, Delphinidin: 8.95mg Malvidin: 0.51mg, Malvidin: 0.51mg, Malvidin: 0.51mg, Malvidin: 0.51mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 57.35mg, Peonidin: 57.35mg, Peonidin: 57.35mg, Peonidin: 57.35mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg Epigallocatechin 3-gallate: 1.13mg, Epigallocatechin 3-gallate: 1.13mg, Epigallocatechin 3-gallate: 1.13mg, Epigallocatechin 3-gallate: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 7.75mg, Myricetin: 7.75mg, Myricetin: 7.75mg, Myricetin: 7.75mg Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg

Nutrients (% of daily need)

Calories: 338.66kcal (16.93%), Fat: 0.4g (0.62%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 87.03g (29.01%), Net Carbohydrates: 82.07g (29.84%), Sugar: 75.37g (83.74%), Cholesterol: 0mg (0%), Sodium: 1185.15mg (51.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Manganese: 0.51mg (25.52%), Vitamin C: 19.76mg (23.95%), Fiber: 4.97g (19.86%), Vitamin E: 1.55mg (10.32%), Copper: 0.13mg (6.59%), Vitamin B6: 0.13mg (6.53%), Potassium: 207.04mg (5.92%), Calcium: 58.97mg (5.9%), Vitamin K: 5.98µg (5.7%), Iron: 0.88mg (4.9%), Vitamin B5: 0.45mg (4.45%), Magnesium: 16.8mg (4.2%), Phosphorus: 27.96mg (2.8%), Vitamin B2: 0.04mg (2.46%), Vitamin B1: 0.03mg (2.24%), Folate: 8.69µg (2.17%), Zinc: 0.24mg (1.58%), Vitamin A: 74.58IU (1.49%), Selenium: 0.98µg (1.4%), Vitamin B3: 0.22mg (1.12%)