



Cranberry-Key Lime Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



111 kcal

SAUCE

Ingredients

- 12 oz cranberries fresh
- 0.3 cup mint leaves fresh
- 4 key limes
- 2 tablespoons orange juice fresh
- 1 cup sugar

Equipment

- food processor

Directions

- Pulse all ingredients in a food processor 10 to 12 times or until finely chopped, stopping to scrape down sides. Cover and chill until ready to serve. Store in an airtight container in refrigerator up to 2 weeks.
- *1 (12-oz.) bag frozen cranberries, thawed, may be substituted.
- Note: Key limes are smaller, a bit more round, and have a thinner skin than Persian limes.
- Cranberry-Orange Sauce: Substitute 1 medium unpeeled orange for 4 Key limes. Proceed with recipe as directed. Thin-skinned oranges, such as Valencia or Indian River, work best in this recipe.

Nutrition Facts

PROTEIN 1.35% **FAT 1.42%** **CARBS 97.23%**

Properties

Glycemic Index:14.71, Glycemic Load:15.91, Inflammation Score:-2, Nutrition Score:2.3704347947369%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 11.64mg, Hesperetin: 11.64mg, Hesperetin: 11.64mg, Hesperetin: 11.64mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 110.72kcal (5.54%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 25.88g (9.41%), Sugar: 22.83g (25.37%), Cholesterol: 0mg (0%), Sodium: 2.01mg (0.09%), Alcohol: 0.78g (100%), Alcohol %: 1.16% (100%), Protein: 0.39g (0.78%), Vitamin C: 12.92mg (15.66%), Fiber: 2.07g (8.26%), Manganese: 0.14mg (6.96%), Vitamin E: 0.51mg (3.39%), Copper: 0.04mg (2.14%), Potassium: 62.25mg (1.78%),

Vitamin K: 1.86µg (1.77%), Iron: 0.31mg (1.71%), Vitamin A: 81.6IU (1.63%), Vitamin B5: 0.16mg (1.62%), Vitamin B6: 0.03mg (1.62%), Calcium: 14.53mg (1.45%), Magnesium: 4.64mg (1.16%), Vitamin B2: 0.02mg (1.14%)