



Cranberry-Kumquat Relish

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



369 kcal

SIDE DISH

Ingredients

- 1 cup kumquats finely chopped (18)
- 3 tablespoons mustard coarse-grained
- 6 tablespoons sugar
- 16 ounce whole-berry cranberry sauce canned

Equipment

- sauce pan

Directions

- Combine all ingredients in a saucepan over medium heat. Bring to a boil and cook, stirring often, 2 minutes or until sugar dissolves.
- Remove from heat. Cover and chill.

Nutrition Facts

 **PROTEIN 2.79%**  **FAT 2.63%**  **CARBS 94.58%**

Properties

Glycemic Index:34.03, Glycemic Load:16.8, Inflammation Score:-4, Nutrition Score:5.2069565783376%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Naringenin: 21.62mg, Naringenin: 21.62mg, Naringenin: 21.62mg, Naringenin: 21.62mg Apigenin: 8.25mg, Apigenin: 8.25mg, Apigenin: 8.25mg, Apigenin: 8.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 4.08mg, Myricetin: 4.08mg, Myricetin: 4.08mg, Myricetin: 4.08mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 368.7kcal (18.43%), Fat: 1.13g (1.75%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 91.77g (30.59%), Net Carbohydrates: 87.02g (31.64%), Sugar: 75.77g (84.19%), Cholesterol: 0mg (0%), Sodium: 176.57mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin C: 18.11mg (21.95%), Fiber: 4.76g (19.03%), Manganese: 0.21mg (10.25%), Vitamin E: 1.52mg (10.1%), Selenium: 5.85µg (8.36%), Iron: 1.19mg (6.64%), Vitamin B2: 0.08mg (4.71%), Magnesium: 17.76mg (4.44%), Copper: 0.09mg (4.39%), Vitamin B1: 0.06mg (4.33%), Potassium: 135.38mg (3.87%), Calcium: 37.58mg (3.76%), Vitamin A: 183.39IU (3.67%), Phosphorus: 29.4mg (2.94%), Vitamin B6: 0.05mg (2.25%), Folate: 8.97µg (2.24%), Vitamin K: 2.34µg (2.23%), Vitamin B3: 0.4mg (1.98%), Zinc: 0.21mg (1.39%), Vitamin B5: 0.12mg (1.23%)