



Cranberry Kumquat Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



10

CALORIES



92 kcal

SAUCE

Ingredients



12 ounce cranberries fresh ()



9 ounces kumquats trimmed



0.8 cup sugar



0.8 cup water

Equipment



bowl



sauce pan

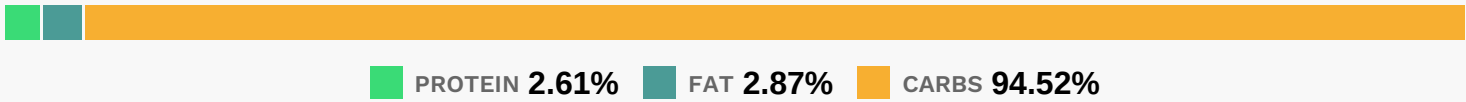


slotted spoon

Directions

- ☐ Prick kumquats 2 or 3 times with a sharp fork. Cover kumquats generously with cold water in a heavy medium saucepan and bring to a boil.
- ☐ Drain and rinse with cold water, then repeat 2 more times (to remove bitterness).
- ☐ Bring kumquats, sugar, and water (3/4 cup) to a boil in rinsed saucepan (liquid will not cover kumquats) over high heat, stirring until sugar has dissolved, then reduce heat and gently simmer, uncovered, stirring occasionally, 15 minutes.
- ☐ Remove from heat and cool kumquats in syrup, about 20 minutes.
- ☐ Transfer kumquats with a slotted spoon to a bowl, reserving syrup in saucepan.
- ☐ Add cranberries and 1/4 teaspoon salt to syrup and bring to a boil over high heat, stirring occasionally, then reduce heat and simmer, uncovered, stirring occasionally, until berries burst, 8 to 12 minutes.
- ☐ Remove from heat.
- ☐ While cranberries cook, quarter kumquats lengthwise, discarding any seeds.
- ☐ Stir kumquats into cranberry mixture and transfer to a bowl. Cool completely, stirring occasionally, about 30 minutes.
- ☐ Sauce can be made 1 week ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:11.76, Inflammation Score:-3, Nutrition Score:2.8130434829256%

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 Naringenin: 14.64mg, Naringenin: 14.64mg, Naringenin: 14.64mg, Naringenin: 14.64mg Apigenin: 5.58mg, Apigenin: 5.58mg, Apigenin: 5.58mg, Apigenin: 5.58mg 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: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 91.51kcal (4.58%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 20.2g (7.34%), Sugar: 18.81g (20.9%), Cholesterol: 0mg (0%), Sodium: 4.27mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin C: 15.96mg (19.35%), Fiber: 2.88g (11.53%), Manganese: 0.16mg (7.88%), Vitamin E: 0.49mg (3.25%), Copper: 0.05mg (2.36%), Potassium: 74.97mg (2.14%), Calcium: 19.22mg (1.92%), Vitamin B2: 0.03mg (1.92%), Vitamin A: 94.4IU (1.89%), Magnesium: 7.32mg (1.83%), Iron: 0.31mg (1.7%), Vitamin K: 1.7µg (1.62%), Vitamin B5: 0.15mg (1.53%), Vitamin B6: 0.03mg (1.43%), Folate: 4.68µg (1.17%)