



Cranberry-Lime Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



698 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups cranberries fresh
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.3 teaspoon ground cloves (scant)
- ☐ 1 tablespoon lime zest grated
- ☐ 2 cups orange marmalade
- ☐ 0.5 vanilla pod split
- ☐ 0.3 cup water

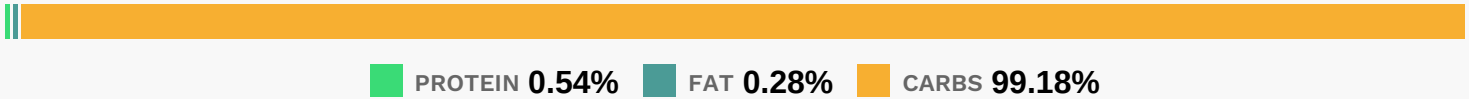
Equipment

sauce pan

Directions

- Stir sugar and 1/4 cup water in medium saucepan over medium heat until sugar dissolves.
- Add all remaining ingredients. Boil until cranberries burst, stirring occasionally, about 5 minutes. Cool completely. (Can be made 2 weeks ahead. Store in covered container in refrigerator.)

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:2.57, Inflammation Score:-3, Nutrition Score:5.9200000244638%

Flavonoids

Cyanidin: 30.95mg, Cyanidin: 30.95mg, Cyanidin: 30.95mg, Cyanidin: 30.95mg Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 32.77mg, Peonidin: 32.77mg, Peonidin: 32.77mg, Peonidin: 32.77mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 697.82kcal (34.89%), Fat: 0.24g (0.37%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 185.94g (61.98%), Net Carbohydrates: 181.93g (66.16%), Sugar: 166.45g (184.95%), Cholesterol: 0mg (0%), Sodium: 132.55mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin C: 20.16mg (24.43%), Manganese: 0.41mg (20.33%), Fiber: 4.01g (16.02%), Copper: 0.25mg (12.58%), Calcium: 119.14mg (11.91%), Vitamin E: 1.03mg (6.85%), Potassium: 184.77mg (5.28%), Folate: 20.43µg (5.11%), Vitamin B6: 0.1mg (4.75%), Iron: 0.77mg (4.25%), Vitamin B2: 0.07mg (3.97%), Vitamin A: 173.53IU (3.47%), Vitamin K: 3.58µg (3.41%), Magnesium: 12.32mg (3.08%), Vitamin B5: 0.28mg (2.82%), Selenium: 1.81µg (2.58%), Phosphorus: 17.87mg (1.79%), Vitamin B1: 0.02mg (1.3%), Vitamin B3: 0.23mg (1.13%), Zinc: 0.16mg (1.1%)