



## Cranberry-Maple Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



64

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 tablespoons brown sugar
- 12 ounce cranberries fresh
- 0.5 teaspoon ground cinnamon
- 0.5 cup maple syrup
- 0.5 teaspoon vanilla extract
- 0.5 cup water

### Equipment

- food processor

- frying pan
- sauce pan
- blender
- dutch oven

## Directions

- Combine the water and cranberries in a large saucepan or Dutch oven. Bring to a boil; cover, reduce heat, and simmer for 5 minutes or until cranberries pop.
- Place cranberry mixture in a blender or food processor, and process until smooth.
- Combine cranberry mixture, maple syrup, sugar, and cinnamon in pan; bring to a boil. Reduce heat; simmer, uncovered, 25 minutes or until mixture is thick, stirring frequently. Stir in vanilla. Cool. Store in an airtight container in the refrigerator up to 2 months.

## Nutrition Facts

**PROTEIN 0.76%** **FAT 0.46%** **CARBS 98.78%**

## Properties

Glycemic Index:1.35, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:0.46086957734888%

## Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.61mg, Peonidin: 2.61mg, Peonidin: 2.61mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 13.64kcal (0.68%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 0.74mg (0.03%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Protein: 0.03g (0.05%), Manganese: 0.08mg (4.03%), Vitamin B2: 0.03mg (1.94%)