



Cranberry-Maple Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



17 min.

SERVINGS



5

CALORIES



246 kcal

SAUCE

Ingredients

- 0.5 cup firmly brown sugar light packed
- 12 oz cranberries fresh (3 cups)
- 0.8 cup maple syrup pure (not pancake syrup)
- 0.5 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- sauce pan

Directions

- Combine all ingredients in a heavy saucepan. Bring mixture to a boil; reduce heat, and simmer 8 minutes or just until cranberries begin to pop, stirring often.
- Pour sauce into a serving bowl, and let cool completely.
- Serve chilled, if desired.
- Make-Ahead Note: Sauce can be made up to 1 week ahead. Keep covered in refrigerator.

Nutrition Facts

PROTEIN 0.54% **FAT 0.32%** **CARBS 99.14%**

Properties

Glycemic Index:16.3, Glycemic Load:14.45, Inflammation Score:-3, Nutrition Score:7.4339131071516%

Flavonoids

Cyanidin: 31.59mg, Cyanidin: 31.59mg, Cyanidin: 31.59mg, Cyanidin: 31.59mg Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg

Nutrients (% of daily need)

Calories: 246.46kcal (12.32%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 62.34g (20.78%), Net Carbohydrates: 59.89g (21.78%), Sugar: 53.24g (59.15%), Cholesterol: 0mg (0%), Sodium: 12.5mg (0.54%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 0.34g (0.68%), Manganese: 1.37mg (68.54%), Vitamin B2: 0.63mg (36.91%), Vitamin C: 9.53mg (11.55%), Fiber: 2.45g (9.8%), Calcium: 76.75mg (7.67%), Vitamin E: 0.9mg (5.99%), Potassium: 192.96mg (5.51%), Magnesium: 16.37mg (4.09%), Vitamin K: 3.4µg (3.24%), Zinc: 0.41mg (2.72%), Vitamin B1: 0.04mg (2.67%), Copper: 0.05mg (2.53%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.23mg (2.3%), Iron: 0.37mg (2.03%)