



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

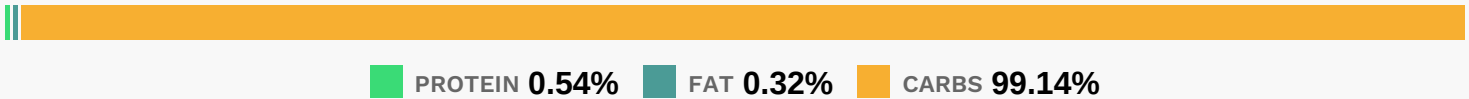


sauce pan

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



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%)