



## Cranberry-Maple Syrup

 Vegetarian  Gluten Free  Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



160 kcal

SIDE DISH

### Ingredients

- 1 cup cranberries fresh divided
- 0.8 cup maple syrup pure
- 1 tablespoon butter unsalted

### Equipment

- sauce pan
- spatula

# Directions

- Bring maple syrup and 3/4 cup cranberries to a boil over medium-high heat. Reduce heat to low, and simmer 3 minutes or until cranberries pop. Crush cranberries in saucepan using a spatula. Stir in remaining 1/4 cup cranberries; simmer just until they begin to pop (about 2 minutes).
- Add butter, and stir until melted.

# Nutrition Facts

**PROTEIN 0.29%** **FAT 12.85%** **CARBS 86.86%**

## Properties

Glycemic Index:16.3, Glycemic Load:12.63, Inflammation Score:-1, Nutrition Score:5.5117391464503%

## Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 159.69kcal (7.98%), Fat: 2.3g (3.53%), Saturated Fat: 1.44g (9%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 34.23g (12.45%), Sugar: 29.8g (33.11%), Cholesterol: 6.02mg (2.01%), Sodium: 5.05mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Manganese: 1.18mg (59.15%), Vitamin B2: 0.62mg (36.37%), Calcium: 54.92mg (5.49%), Potassium: 125.35mg (3.58%), Vitamin C: 2.8mg (3.39%), Fiber: 0.72g (2.88%), Magnesium: 11.4mg (2.85%), Zinc: 0.36mg (2.39%), Vitamin B1: 0.03mg (2.29%), Vitamin E: 0.33mg (2.19%), Vitamin A: 81.97IU (1.64%), Vitamin K: 1.2µg (1.14%)