



Cranberry-Meyer Lemon Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



76 kcal

SIDE DISH

Ingredients



3 cups cranberries fresh frozen thawed 12-oz. package



2 meyer lemons



1 cup sugar

Equipment



food processor

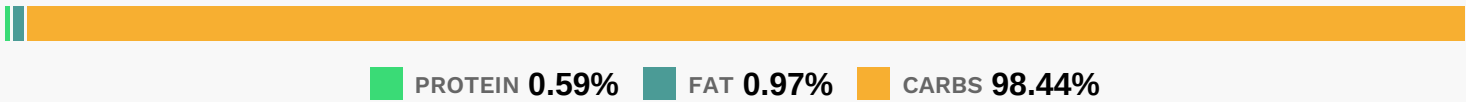


frying pan

Directions

- ☐ Sort cranberries, discarding any soft or decayed fruit. Rinse and drain berries. Rinse lemons, trim and discard ends.
- ☐ Cut lemons into 1-inch chunks and discard seeds.
- ☐ In a food processor, whirl the cranberries and lemon chunks until they are finely chopped. Or grind the fruit pieces through a food chopper using a fine blade.
- ☐ Mix fruit and 1 cup sugar (or to taste) in a 2- to 3-quart pan. Bring to a boil over high heat. Reduce heat and simmer, stirring often, until mixture is reduced to about 3 cups, 8 to 10 minutes.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:11.72, Glycemic Load:12.58, Inflammation Score:-1, Nutrition Score:0.93391303750484%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 75.71kcal (3.79%), Fat: 0.09g (0.13%), Saturated Fat: 0g (0.01%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 18.71g (6.8%), Sugar: 17.7g (19.67%), Cholesterol: 0mg (0%), Sodium: 0.67mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Manganese: 0.09mg (4.54%), Vitamin C: 3.59mg (4.35%), Fiber: 0.9g (3.62%), Vitamin E: 0.33mg (2.2%), Vitamin K: 1.25µg (1.19%)