



Cranberry Mojo



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cranberries fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.5 cup cranberry juice cocktail concentrate frozen thawed
- ☐ 1 garlic clove sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons olive oil

☐ 0.3 teaspoon salt

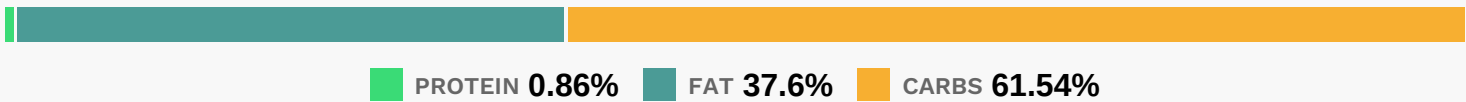
Equipment

☐ food processor

Directions

- ☐ Combine all ingredients in a food processor; pulse 3 times or until mixture is coarsely chopped.
- ☐ Serve over chicken.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:2.81, Inflammation Score:-2, Nutrition Score:2.616521736202%

Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 108.59kcal (5.43%), Fat: 4.74g (7.29%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 16.15g (5.87%), Sugar: 12.71g (14.12%), Cholesterol: 0mg (0%), Sodium: 99.16mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 14.78mg (17.92%), Manganese: 0.17mg (8.25%), Vitamin E: 1.14mg (7.58%), Vitamin K: 6.57µg (6.26%), Fiber: 1.29g (5.18%), Vitamin B5: 0.21mg (2.06%), Vitamin B6: 0.04mg (1.9%), Vitamin A: 74.03IU (1.48%), Iron: 0.26mg (1.42%), Copper: 0.03mg (1.42%), Potassium: 48.08mg

(1.37%)