



Cranberry-Orange Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



285 kcal

SIDE DISH

Ingredients



0.3 cup apple cider



1 tablespoon balsamic vinegar



2 bay leaves



1 pound cranberries fresh



1 quart unfiltered cranberry juice



1 tablespoon ginger grated



1 cup hazelnuts toasted



1 cranberry-orange relish cut in large strips

☐ 1 cup sugar

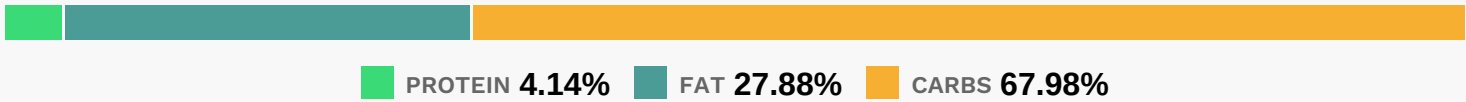
Equipment

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saucepan, combine cranberry juice, apple cider, sugar, orange peel, ginger, and bay leaves. Simmer until the mixture is reduced by half, about 20 minutes.
- ☐ Add the nuts, vinegar, and cranberries. Continue to cook until the cranberries burst, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:28.95, Inflammation Score:-5, Nutrition Score:10.567391473314%

Flavonoids

Cyanidin: 27.33mg, Cyanidin: 27.33mg, Cyanidin: 27.33mg, Cyanidin: 27.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 284.57kcal (14.23%), Fat: 9.47g (14.56%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 51.92g (17.31%), Net Carbohydrates: 47.87g (17.41%), Sugar: 44.89g (49.88%), Cholesterol: 0mg (0%), Sodium: 4.62mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Manganese: 1.15mg (57.38%), Vitamin C: 28.72mg

(34.81%), Vitamin E: 4.45mg (29.67%), Copper: 0.37mg (18.37%), Fiber: 4.05g (16.19%), Vitamin K: 11µg (10.48%), Vitamin B6: 0.19mg (9.56%), Magnesium: 37.6mg (9.4%), Vitamin B1: 0.13mg (8.66%), Potassium: 282.04mg (8.06%), Phosphorus: 68.63mg (6.86%), Iron: 1.2mg (6.66%), Folate: 23.75µg (5.94%), Calcium: 39.38mg (3.94%), Zinc: 0.56mg (3.72%), Vitamin B2: 0.06mg (3.68%), Vitamin B5: 0.35mg (3.51%), Vitamin A: 128.72IU (2.57%), Vitamin B3: 0.49mg (2.47%), Selenium: 0.78µg (1.12%)