



Cranberry Orange Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



101 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 3.5 pounds navel oranges (6 medium)
- ☐ 3 cups sugar divided
- ☐ 1.5 cups water

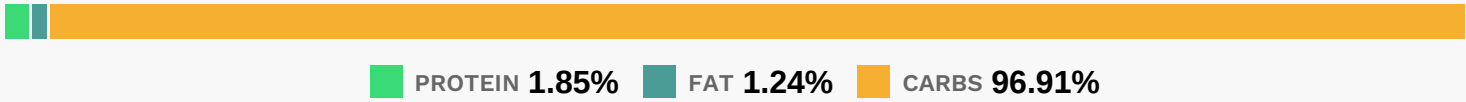
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ peeler

Directions

- ☐ Carefully remove rind from 3 oranges using a vegetable peeler, making sure not to get any of the white pithy part of the rind. Slice rind into thin strips. Peel all oranges; cut into sections.
- ☐ Combine rind strips, sections, 1 1/2 cups water, and 1 cup sugar in a medium saucepan; bring mixture to a boil. Reduce heat, and simmer for 15 minutes, stirring occasionally.
- ☐ Add remaining 2 cups sugar and cranberries to pan. Simmer 1 hour and 30 minutes or until thick, stirring occasionally.
- ☐ Remove from heat, and cool completely. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:13.49, Inflammation Score:-3, Nutrition Score:3.216956510492%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 5.23mg, Peonidin: 5.23mg, Peonidin: 5.23mg, Peonidin: 5.23mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 10.85mg, Hesperetin: 10.85mg, Hesperetin: 10.85mg, Hesperetin: 10.85mg Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 101.39kcal (5.07%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 24.7g (8.98%), Sugar: 23.38g (25.98%), Cholesterol: 0mg (0%), Sodium: 1.45mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin C: 30.81mg (37.34%), Fiber: 1.47g (5.9%), Folate: 16.97µg (4.24%), Manganese: 0.05mg (2.67%), Potassium: 91.24mg (2.61%), Vitamin A: 128.92IU (2.58%), Vitamin B1: 0.04mg (2.33%), Calcium: 22.7mg (2.27%), Vitamin B6: 0.05mg (2.26%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.16mg (1.61%), Magnesium: 6.21mg (1.55%), Vitamin E: 0.21mg (1.43%), Copper: 0.03mg (1.42%), Phosphorus:

12.58mg (1.26%), Vitamin B3: 0.22mg (1.11%)