



WHATSheATE



Cranberry Orange Mustard



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



480 min.

SERVINGS



70

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon allspice



1 cup apple cider vinegar



2.8 cups cranberries fresh



0.3 cup ground mustard dry



0.8 cup granulated sugar



0.7 cup mustard seeds



2 tablespoons orange juice freshly squeezed



1 small orange zest freshly grated

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

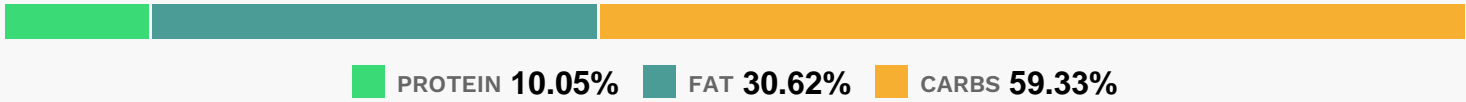
- ☐ Place seven 4-ounce jars on rack in large pot.
- ☐ Add enough water to cover jars, and bring to boil over high heat. Boil for 10 minutes, then turn off heat and allow jars to rest in hot water. Meanwhile, put rims and lids in small saucepan and cover with water.
- ☐ Heat over medium heat until water is simmering, then remove pan from heat and allow rims and lids to rest in hot water.
- ☐ Bring vinegar to boil in small pot over high heat.
- ☐ Remove pot from heat and add mustard seeds. Cover pot and let stand until mustard seeds have absorbed most of the liquid, about one hour.
- ☐ Transfer seeds and any remaining liquid into blender.
- ☐ Add one cup water and blend until mixture is smooth and most of mustard seeds are chopped.
- ☐ Add cranberries and blend until chopped, stopping to scrape down sides and stir contents as necessary.
- ☐ Pour contents of the blender into large pot.
- ☐ Add orange juice and orange zest and bring to boil. Stir in sugar, dry mustard, and allspice. Continue to boil mixture, stirring constantly, until thickened and reduced a bit, about twelve minutes.
- ☐ Ladle hot mustard into hot sterilized jars, leaving 1/4-inch headspace. Wipe rims of jars, cover with lids, and screw bands on until they are just barely tight.
- ☐ Place jars on the rack in pot and cover completely with water. Cover pot and bring it to a boil over high heat. Boil for 10 minutes. Turn off the heat, uncover pot, and allow jars to rest in

water for five minutes.

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Remove jars from pot and allow to rest undisturbed on countertop for six hours or overnight.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:1.69, Inflammation Score:-1, Nutrition Score:1.1439130322441%

Flavonoids

Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.93mg, Peonidin: 1.93mg, Peonidin: 1.93mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 21.73kcal (1.09%), Fat: 0.76g (1.18%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 0.57mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Selenium: 4.32µg (6.17%), Manganese: 0.07mg (3.71%), Magnesium: 8.18mg (2.04%), Phosphorus: 17.96mg (1.8%), Fiber: 0.42g (1.67%), Vitamin C: 1.18mg (1.43%), Vitamin B1: 0.02mg (1.18%), Iron: 0.21mg (1.18%), Vitamin E: 0.16mg (1.05%)