



Cranberry-Orange Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound cranberries
- ☐ 2 small oranges seeds removed unpeeled quartered
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup sugar
- ☐ 0.3 cup triple sec orange-flavored

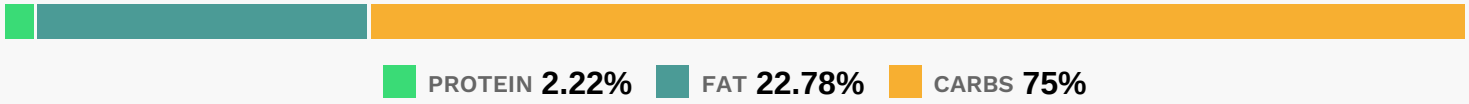
Equipment

- ☐ ladle
- ☐ blender

Directions

- ☐
- Place all ingredients in container of an electric blender. Process until coarsely ground.
- ☐
- Ladle relish into sterilized jars, leaving 1/4-inch headspace. Cover with metal lids, and screw bands tight. Store in refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:41.9, Glycemic Load:41.17, Inflammation Score:-6, Nutrition Score:9.9747825912807%

Flavonoids

Cyanidin: 54.11mg, Cyanidin: 54.11mg, Cyanidin: 54.11mg, Cyanidin: 54.11mg Delphinidin: 9.69mg, Delphinidin: 9.69mg, Delphinidin: 9.69mg, Delphinidin: 9.69mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 5.07mg, Epicatechin: 5.07mg, Epicatechin: 5.07mg, Epicatechin: 5.07mg Epigallocatechin 3-gallate: 1.41mg, Epigallocatechin 3-gallate: 1.41mg, Epigallocatechin 3-gallate: 1.41mg, Epigallocatechin 3-gallate: 1.41mg Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 7.59mg, Myricetin: 7.59mg, Myricetin: 7.59mg, Myricetin: 7.59mg Quercetin: 17.04mg, Quercetin: 17.04mg, Quercetin: 17.04mg, Quercetin: 17.04mg

Nutrients (% of daily need)

Calories: 406.8kcal (20.34%), Fat: 10.22g (15.72%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 75.72g (25.24%), Net Carbohydrates: 69.17g (25.15%), Sugar: 64.52g (71.69%), Cholesterol: 0mg (0%), Sodium: 3.95mg (0.17%), Alcohol: 3.84g (100%), Alcohol %: 2.03% (100%), Caffeine: 3.84mg (1.28%), Protein: 2.24g (4.47%), Manganese: 1.04mg (51.89%), Vitamin C: 41.56mg (50.38%), Fiber: 6.54g (26.17%), Copper: 0.26mg (12.9%), Vitamin E: 1.77mg (11.83%), Vitamin B1: 0.15mg (9.73%), Magnesium: 28.53mg (7.13%), Potassium: 238.89mg (6.83%), Vitamin B6: 0.12mg (6.1%), Vitamin K: 6.15µg (5.85%), Phosphorus: 57.82mg (5.78%), Vitamin B5: 0.57mg (5.72%), Zinc: 0.76mg (5.08%), Folate: 18.53µg (4.63%), Vitamin B2: 0.07mg (4.17%), Calcium: 38.46mg (3.85%), Iron: 0.69mg (3.82%), Vitamin A: 183.67IU (3.67%), Vitamin B3: 0.43mg (2.15%), Selenium: 1.22µg (1.74%)