



Cranberry-Orange Relish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



330 min.

SERVINGS



30

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz mandarin orange segments drained canned
- 12 oz cranberries
- 0.5 tsp ground cinnamon
- 6 oz jell-o cranberry flavor gelatin red or any flavor
- 0.5 cup sugar
- 1.5 cups water boiling
- 1.5 cups water cold

Equipment

food processor

bowl

Directions

Process cranberries in food processor until finely chopped; spoon into medium bowl.

Add sugar; mix well.

Add boiling water to combined dry gelatin mix and cinnamon in large bowl; stir 2 min. until gelatin is completely dissolved. Stir in cold water. Refrigerate 1-1/4 hours or until thickened.

Stir oranges and cranberry mixture into gelatin mixture. Spoon into 6-cup mold sprayed with cooking spray.

Refrigerate 4 hours or until firm. Unmold just before serving.

Nutrition Facts

 **PROTEIN 5.01%**  **FAT 0.59%**  **CARBS 94.4%**

Properties

Glycemic Index:4, Glycemic Load:2.76, Inflammation Score:-1, Nutrition Score:1.0073912953553%

Flavonoids

Cyanidin: 5.27mg, Cyanidin: 5.27mg, Cyanidin: 5.27mg, Cyanidin: 5.27mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 5.57mg, Peonidin: 5.57mg, Peonidin: 5.57mg 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: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 43.71kcal (2.19%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 10.27g (3.73%), Sugar: 9.55g (10.61%), Cholesterol: 0mg (0%), Sodium: 28.39mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Vitamin C: 5.11mg (6.2%), Vitamin A: 143.31IU (2.87%), Manganese: 0.05mg (2.46%), Fiber: 0.56g (2.22%), Vitamin E: 0.17mg (1.11%), Copper: 0.02mg (1.07%), Phosphorus: 10.41mg (1.04%)