



WHATSheATE



Cranberry-Orange Relish with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

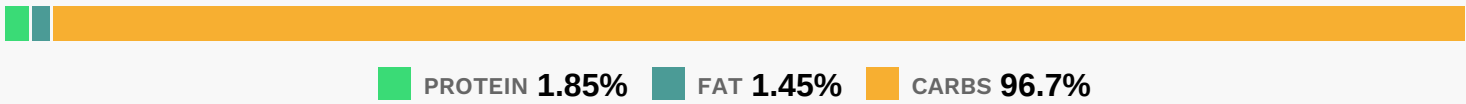
- ☐ 24 ounce cranberries fresh frozen thawed (or ,)
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 tablespoon ginger minced peeled
- ☐ 2 teaspoons orange zest
- ☐ 0.5 cup onion red minced
- ☐ 0.8 cup sugar

Equipment

Directions

- ☐ Pulse two 12-ounce bags fresh (or frozen, thawed) cranberries in a food processor until coarsely chopped.
- ☐ Transfer to a large bowl. Finely grate 2 teaspoons orange zest from 1 of 4 navel oranges; set aside. Using a sharp paring knife, remove peel and white pith from oranges. Working over a medium bowl, cut between membranes to release orange segments. Coarsely chop segments; add to cranberries. Stir 3/4 cup sugar, 1/2 cup minced red onion, 1/4 cup chopped fresh mint, 1 tablespoon minced peeled ginger, and reserved zest into cranberry mixture. Cover; let stand at room temperature for 2 hours. DO AHEAD: Can be made 1 day ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index: 26.18, Glycemic Load: 22.04, Inflammation Score: -5, Nutrition Score: 4.9291303922301%

Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg 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: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 19.54mg, Quercetin: 19.54mg, Quercetin: 19.54mg, Quercetin: 19.54mg

Nutrients (% of daily need)

Calories: 156.8kcal (7.84%), Fat: 0.27g (0.41%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 35.93g (13.06%), Sugar: 30.52g (33.91%), Cholesterol: 0mg (0%), Sodium: 3.8mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Manganese: 0.45mg (22.58%), Vitamin C: 18.49mg (22.41%), Fiber: 4.52g (18.07%), Vitamin E: 1.5mg (10.03%), Vitamin K: 5.72µg (5.45%), Vitamin B6: 0.09mg (4.31%),

Copper: 0.08mg (3.99%), Potassium: 128.92mg (3.68%), Vitamin B5: 0.36mg (3.64%), Vitamin A: 152.01IU (3.04%),
Magnesium: 10.32mg (2.58%), Iron: 0.41mg (2.25%), Vitamin B2: 0.04mg (2.19%), Phosphorus: 18.48mg (1.85%),
Calcium: 17.84mg (1.78%), Folate: 6.49µg (1.62%), Vitamin B1: 0.02mg (1.51%), Zinc: 0.15mg (1.02%)