



Cranberry-Orange Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



109 kcal

SAUCE

Ingredients



12 oz cranberries fresh



0.3 cup mint leaves fresh



1 medium cranberry-orange relish unpeeled



2 tablespoons orange juice fresh



1 cup sugar

Equipment

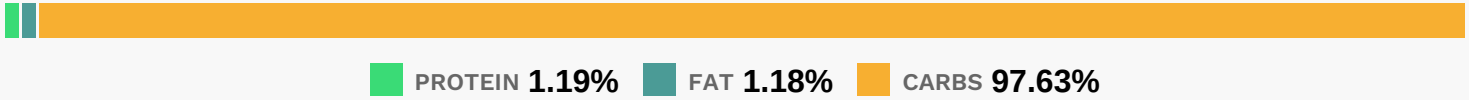


food processor

Directions

- ☐
- Pulse all ingredients in a food processor 10 to 12 times or until finely chopped, stopping to scrape down sides. Cover and chill until ready to serve. Store in an airtight container in refrigerator up to 2 weeks.
- ☐
- *1 (12-oz.) bag frozen cranberries, thawed, may be substituted.
- ☐
- Note: Thin-skinned oranges, such as Valencia or Indian River, work best in this recipe.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:15.77, Inflammation Score:-2, Nutrition Score:2.1508695664613%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 108.83kcal (5.44%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 25.05g (9.11%), Sugar: 23.6g (26.23%), Cholesterol: 0mg (0%), Sodium: 1.47mg (0.06%), Alcohol: 0.78g (100%), Alcohol %: 1.39% (100%), Protein: 0.32g (0.65%), Vitamin C: 12.09mg (14.65%), Manganese: 0.14mg (7.01%), Fiber: 1.63g (6.52%), Vitamin E: 0.47mg (3.15%), Vitamin A: 97.68IU (1.95%), Potassium: 58.63mg (1.68%), Vitamin K: 1.7µg (1.62%), Copper: 0.03mg (1.56%), Vitamin B6: 0.03mg (1.44%), Folate: 5.55µg (1.39%), Vitamin B5: 0.14mg (1.37%), Vitamin B2: 0.02mg (1.13%), Vitamin B1: 0.02mg (1.1%), Magnesium: 4.34mg (1.09%), Calcium: 10.93mg (1.09%)