



Cranberry-Orange Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



153 kcal

SAUCE

Ingredients

- 12 oz cranberries fresh
- 2 tablespoons juice of lemon
- 0.3 cup orange juice orange-flavored
- 1 tablespoon orange zest shredded finely
- 1.3 cups sugar
- 0.3 cup water

Equipment

- sauce pan

Directions

- In nonreactive 4-quart saucepan, mix cranberries, sugar, orange peel, water and lemon juice. Cook over medium-low heat, stirring frequently, until juices start to flow and sugar is dissolved.
- Increase heat to medium; simmer 6 to 8 minutes longer, stirring occasionally, until cranberries pop. Stir in liqueur. Refrigerate about 1 hour or until completely cooled.

Nutrition Facts

PROTEIN 0.68% FAT 1.05% CARBS 98.27%

Properties

Glycemic Index:20.89, Glycemic Load:25.29, Inflammation Score:-2, Nutrition Score:2.1417391403862%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 152.93kcal (7.65%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 37.92g (13.79%), Sugar: 35.83g (39.81%), Cholesterol: 0mg (0%), Sodium: 1.69mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.55%), Vitamin C: 12.3mg (14.91%), Manganese: 0.16mg (7.8%), Fiber: 1.64g (6.55%), Vitamin E: 0.57mg (3.81%), Vitamin K: 2.13µg (2.03%), Copper: 0.03mg (1.6%), Potassium: 55.64mg (1.59%), Vitamin B6: 0.03mg (1.52%), Vitamin B5: 0.15mg (1.49%), Vitamin B2: 0.02mg (1.08%)