



Cranberry, Pear, and Ginger Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups anjou pear peeled finely chopped (3 pears)
- ☐ 0.7 cup brown sugar packed
- ☐ 3 cups cranberries fresh
- ☐ 3 tablespoons crystallized ginger minced
- ☐ 1.3 cups cranberries dried
- ☐ 3 tablespoons currants dried
- ☐ 0.1 teaspoon ground cardamom
- ☐ 1.3 cups orange juice

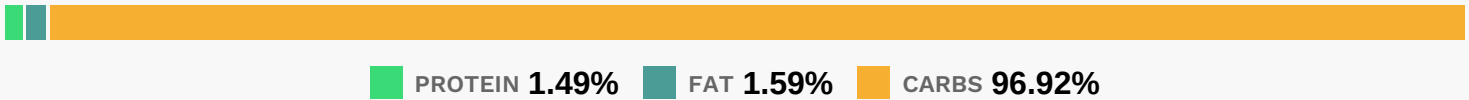
Equipment

☐ sauce pan

Directions

☐ Combine all the ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer for 10 minutes, stirring occasionally. Chill.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:3.42, Inflammation Score:-2, Nutrition Score:2.8373912935672%

Flavonoids

Cyanidin: 9.79mg, Cyanidin: 9.79mg, Cyanidin: 9.79mg, Cyanidin: 9.79mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.63mg, Hesperetin: 2.63mg, Hesperetin: 2.63mg, Hesperetin: 2.63mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 114.8kcal (5.74%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 27.71g (10.08%), Sugar: 25g (27.78%), Cholesterol: 0mg (0%), Sodium: 5.67mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 14.91mg (18.07%), Fiber: 2.1g (8.41%), Manganese: 0.14mg (6.86%), Potassium: 126.44mg (3.61%), Vitamin E: 0.51mg (3.43%), Copper: 0.06mg (2.92%), Vitamin K: 2.83µg (2.7%), Folate: 8.71µg (2.18%), Vitamin B6: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.06%), Magnesium: 7.53mg (1.88%), Calcium: 17.69mg (1.77%), Iron: 0.3mg (1.65%), Vitamin B5: 0.15mg (1.48%), Vitamin B2: 0.02mg (1.37%), Vitamin B3: 0.26mg (1.29%), Phosphorus: 12.72mg (1.27%), Vitamin A: 63.65IU (1.27%)