



Cranberry-Pear Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



16

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 12 ounce cranberries fresh
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 cup orange juice fresh
- ☐ 2 teaspoons orange rind fresh grated
- ☐ 1.5 cups pears diced peeled (3)
- ☐ 0.3 cup pecans toasted chopped

☐ 0.3 teaspoon salt

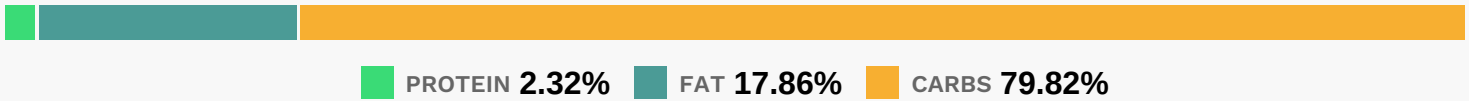
Equipment

☐ sauce pan

Directions

- ☐ Combine first 8 ingredients in a large saucepan. Bring to a boil over medium-high heat, stirring frequently. Reduce heat; simmer, uncovered, 10 minutes or until berries pop. Cool to room temperature (about 2 hours).
- ☐ Remove and discard cinnamon sticks. Stir in pecans. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:2.7339130471582%

Flavonoids

Cyanidin: 10.43mg, Cyanidin: 10.43mg, Cyanidin: 10.43mg, Cyanidin: 10.43mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg 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: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 81.6kcal (4.08%), Fat: 1.72g (2.65%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 15.57g (5.66%), Sugar: 13.78g (15.32%), Cholesterol: 0mg (0%), Sodium: 40.02mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin C: 11.76mg (14.26%), Manganese: 0.27mg (13.59%),

Fiber: 1.74g (6.98%), Copper: 0.06mg (3.25%), Potassium: 91.13mg (2.6%), Vitamin E: 0.35mg (2.32%), Vitamin B1: 0.03mg (2.25%), Magnesium: 8.05mg (2.01%), Calcium: 19.83mg (1.98%), Vitamin K: 1.96µg (1.87%), Folate: 6.63µg (1.66%), Vitamin B6: 0.03mg (1.64%), Iron: 0.28mg (1.54%), Phosphorus: 13.84mg (1.38%), Vitamin B5: 0.14mg (1.36%), Zinc: 0.16mg (1.05%), Vitamin A: 51.23IU (1.02%)