



Cranberry-Pepper Jelly



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



25

CALORIES



44 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 oz cranberries fresh
- ☐ 1.5 cups apples i use 2 granny smith apples diced peeled
- ☐ 10 oz pepper jelly red
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.8 cup sugar
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.5 cup water

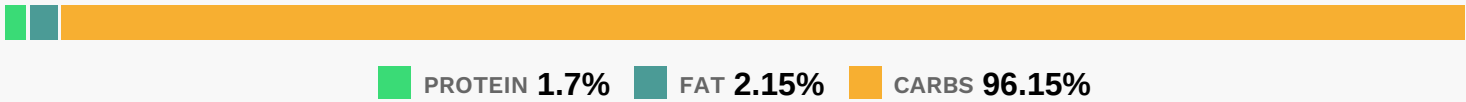
Equipment

☐ sauce pan

Directions

- ☐ Bring fresh cranberries, jelly, apple, sugar, water, and crushed red pepper to a boil in a large saucepan over medium-high heat, stirring often. Reduce heat to medium-low, and simmer, stirring often, 10 to 15 minutes or until cranberries begin to pop and mixture starts to thicken.
- ☐ Remove from heat, and stir in sweetened dried cranberries. Cool completely (about 45 minutes).
- ☐ Serve at room temperature, or cover and chill 8 hours before serving. Store in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:2.2299999912148%

Flavonoids

Cyanidin: 6.45mg, Cyanidin: 6.45mg, Cyanidin: 6.45mg, Cyanidin: 6.45mg Delphinidin: 1.05mg, Delphinidin: 1.05mg, Delphinidin: 1.05mg, Delphinidin: 1.05mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.69mg, Peonidin: 6.69mg, Peonidin: 6.69mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 43.73kcal (2.19%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 10.3g (3.75%), Sugar: 9.59g (10.65%), Cholesterol: 0mg (0%), Sodium: 1.55mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 16.77mg (20.33%), Vitamin A: 373.19IU (7.46%), Fiber: 1.04g (4.17%), Manganese: 0.07mg (3.57%), Vitamin E: 0.43mg (2.87%), Vitamin B6: 0.05mg (2.26%), Vitamin K: 1.61µg (1.53%), Folate: 5.58µg (1.4%), Potassium: 44.54mg (1.27%)