



Cranberry Pomegranate Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



5

CALORIES



639 kcal

SAUCE

Ingredients

- 24 ounce cranberries fresh rinsed
- 2 large oranges
- 1 cup pecans chopped
- 16 fl. oz. pomegranate juice
- 2 large tart apples
- 2 cups sugar white

Equipment

- frying pan

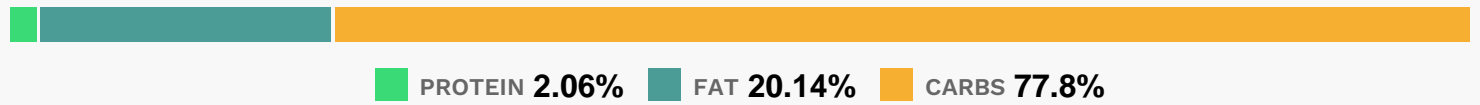
sauce pan

sieve

Directions

- Peel and core apples, and put peelings and cores in a small saucepan with pomegranate seeds, 1/2 cup juice, and 1/2 cup sugar. Bring to a boil, and then reduce heat to simmer. Cook for 30 minutes.
- Chop the peeled apples, and place in a large saucepan.
- Remove zest from half of one orange, chop very fine, and add to apples. Peel oranges, chop coarsely, and add to pan along with cranberries and remaining juice and sugar. Bring to a boil, reduce heat to simmer, and cook for 30 minutes.
- Remove small pan from heat, and strain juice into larger pan. Cool solids slightly, and then push through a sieve to remove seeds and peels, adding remaining pulp to larger pan. Stir in nuts, if desired. Cook about 10 minutes longer.
- Serve warm, room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:39.92, Glycemic Load:67.27, Inflammation Score:-7, Nutrition Score:16.819130638371%

Flavonoids

Cyanidin: 68.98mg, Cyanidin: 68.98mg, Cyanidin: 68.98mg, Cyanidin: 68.98mg Delphinidin: 12.65mg, Delphinidin: 12.65mg, Delphinidin: 12.65mg, Delphinidin: 12.65mg Malvidin: 0.6mg, Malvidin: 0.6mg, Malvidin: 0.6mg, Malvidin: 0.6mg Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg Peonidin: 66.91mg, Peonidin: 66.91mg, Peonidin: 66.91mg, Peonidin: 66.91mg Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg, Catechin: 3.12mg Epigallocatechin: 2.35mg, Epigallocatechin: 2.35mg, Epigallocatechin: 2.35mg, Epigallocatechin: 2.35mg Epicatechin: 12.83mg, Epicatechin: 12.83mg, Epicatechin: 12.83mg, Epicatechin: 12.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 1.94mg, Epigallocatechin 3-gallate: 1.94mg, Epigallocatechin 3-gallate: 1.94mg, Epigallocatechin 3-gallate: 1.94mg Hesperetin: 20.06mg, Hesperetin: 20.06mg, Hesperetin: 20.06mg, Hesperetin: 20.06mg Naringenin: 11.28mg, Naringenin: 11.28mg, Naringenin: 11.28mg, Naringenin: 11.28mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 9.13mg, Myricetin: 9.13mg, Myricetin: 9.13mg, Myricetin: 9.13mg Quercetin:

25.15mg, Quercetin: 25.15mg, Quercetin: 25.15mg, Quercetin: 25.15mg

Nutrients (% of daily need)

Calories: 639.49kcal (31.97%), Fat: 15.2g (23.39%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 132.15g (44.05%), Net Carbohydrates: 121.35g (44.13%), Sugar: 114.52g (127.24%), Cholesterol: 0mg (0%), Sodium: 12.93mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Manganese: 1.52mg (76.18%), Vitamin C: 62.62mg (75.91%), Fiber: 10.8g (43.21%), Copper: 0.4mg (19.82%), Vitamin K: 19.3µg (18.38%), Vitamin E: 2.73mg (18.17%), Potassium: 622.8mg (17.79%), Vitamin B1: 0.24mg (16.03%), Folate: 53.18µg (13.3%), Magnesium: 50.57mg (12.64%), Vitamin B6: 0.24mg (11.89%), Vitamin B5: 1.08mg (10.8%), Phosphorus: 100.34mg (10.03%), Zinc: 1.2mg (8%), Vitamin B2: 0.14mg (7.94%), Calcium: 70.75mg (7.07%), Iron: 1.13mg (6.27%), Vitamin A: 306.5IU (6.13%), Vitamin B3: 0.88mg (4.39%), Selenium: 2.02µg (2.89%)