



Cranberry-Pomegranate Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



145 kcal

SAUCE

Ingredients

- ☐ 1.5 cups sugar
- ☐ 1 cup pomegranate juice
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 12 oz cranberries fresh

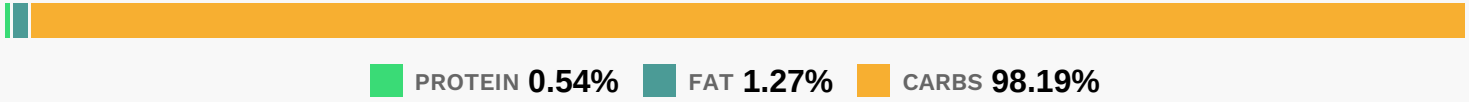
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In nonreactive 2-quart saucepan, stir together all ingredients.
- ☐ Heat to boiling over high heat, stirring occasionally. Reduce heat to medium-low. Cook 20 to 25 minutes, stirring occasionally, until cranberries pop and sauce thickens slightly.
- ☐ Pour into serving bowl; cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:22.23, Inflammation Score:-1, Nutrition Score:1.8882608543272%

Flavonoids

Cyanidin: 16.39mg, Cyanidin: 16.39mg, Cyanidin: 16.39mg, Cyanidin: 16.39mg Delphinidin: 2.81mg, Delphinidin: 2.81mg, Delphinidin: 2.81mg, Delphinidin: 2.81mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 145.42kcal (7.27%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 36.09g (13.12%), Sugar: 34.53g (38.37%), Cholesterol: 0mg (0%), Sodium: 3.25mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Manganese: 0.16mg (8.24%), Vitamin C: 5.61mg (6.8%), Fiber: 1.37g (5.47%), Vitamin K: 4.32µg (4.12%), Vitamin E: 0.55mg (3.65%), Potassium: 82.8mg (2.37%), Vitamin B5: 0.17mg (1.75%), Folate: 6.5µg (1.63%), Vitamin B6: 0.03mg (1.53%), Copper: 0.03mg (1.36%)