



Cranberry Pomegranate Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

SAUCE

Ingredients



12 oz cranberries frozen thawed



3 small sprigs thyme leaves fresh



0.5 cup brown sugar light packed



0.3 cup pomegranate molasses



1 cup pomegranate seeds

Equipment

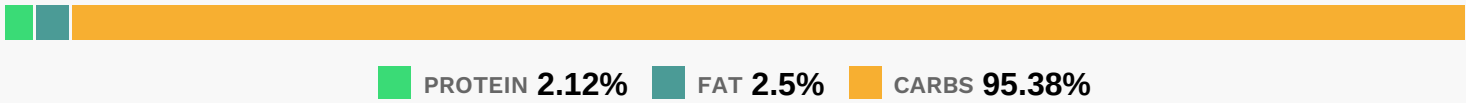


sauce pan

Directions

- ☐ In a medium saucepan, bring cranberries, sugar, molasses, and thyme to a boil over medium-high heat, stirring frequently. Boil, stirring often, until most cranberries pop, 5 minutes.
- ☐ Remove from heat and stir in pomegranate seeds. Discard thyme.
- ☐ *Buy at well-stocked supermarkets and Middle Eastern grocery stores.
- ☐ Make ahead: Chill cooked cranberries, covered, up to 1 week; add pomegranate seeds just before serving.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:2.43, Inflammation Score:-3, Nutrition Score:1.8634782524213%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 69.3kcal (3.47%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 15.62g (5.68%), Sugar: 13.7g (15.22%), Cholesterol: 0mg (0%), Sodium: 3.57mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin C: 5.76mg (6.99%), Manganese: 0.13mg (6.42%), Fiber: 1.6g (6.41%), Vitamin K: 3.66µg (3.48%), Vitamin E: 0.46mg (3.04%), Copper: 0.04mg (2.16%), Potassium: 68.65mg (1.96%), Vitamin B6: 0.03mg (1.55%), Vitamin B5: 0.15mg (1.48%), Folate: 5.68µg (1.42%), Calcium: 12.26mg (1.23%), Iron: 0.21mg (1.19%), Magnesium: 4.57mg (1.14%)