



Cranberry-Port Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

BEVERAGE

DRINK

Ingredients



1 bay leaf



12 ounce cranberries fresh



1 medium cranberry-orange relish



2 cups port sweet



0.5 cup sugar

Equipment



bowl



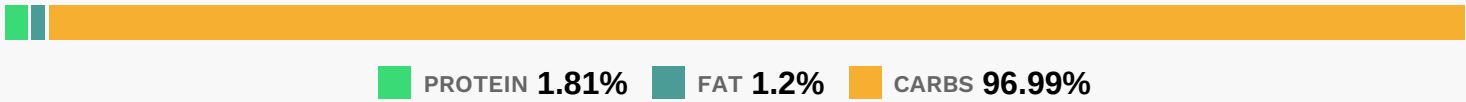
sauce pan

- ☐ sieve
- ☐ peeler

Directions

- ☐ Carefully remove rind from orange using a vegetable peeler, making sure not to get any of the white pithy part of the rind.
- ☐ Combine orange rind, port, bay leaf, and cloves in a medium saucepan. Bring to a simmer over medium heat; cook 20 minutes or until reduced to 1 cup. Strain mixture through a sieve over a bowl; discard solids. Return mixture to saucepan; stir in sugar.
- ☐ Add cranberries; cook over medium heat 10 minutes or until cranberries pop, stirring occasionally. Spoon into a bowl; cool.

Nutrition Facts



Properties

Glycemic Index:21.57, Glycemic Load:11.22, Inflammation Score:-4, Nutrition Score:3.1439130552437%

Flavonoids

Cyanidin: 19.86mg, Cyanidin: 19.86mg, Cyanidin: 19.86mg, Cyanidin: 19.86mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 4.47mg, Delphinidin: 4.47mg, Delphinidin: 4.47mg, Delphinidin: 4.47mg Malvidin: 8.49mg, Malvidin: 8.49mg, Malvidin: 8.49mg, Malvidin: 8.49mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 21.65mg, Peonidin: 21.65mg, Peonidin: 21.65mg, Peonidin: 21.65mg Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Hesperetin: 4.84mg, Hesperetin: 4.84mg, Hesperetin: 4.84mg, Hesperetin: 4.84mg Naringenin: 3.57mg, Naringenin: 3.57mg, Naringenin: 3.57mg, Naringenin: 3.57mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 3.1mg, Myricetin: 3.1mg, Myricetin: 3.1mg, Myricetin: 3.1mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 126.42kcal (6.32%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 19.13g (6.96%), Sugar: 16.19g (17.99%), Cholesterol: 0mg (0%), Sodium: 3.38mg (0.15%), Alcohol: 6.36g (100%), Alcohol %: 6.13% (100%), Protein: 0.39g (0.78%), Vitamin C: 14.67mg (17.78%), Manganese: 0.24mg (11.9%), Fiber: 1.93g (7.71%), Potassium: 140.17mg (4%), Vitamin E: 0.59mg (3.94%), Vitamin B6: 0.07mg (3.42%), Magnesium: 11.4mg (2.85%), Vitamin K: 2.37µg (2.25%), Iron: 0.4mg (2.23%), Vitamin B2: 0.04mg (2.12%), Phosphorus: 20.78mg (2.08%), Copper: 0.04mg (1.94%), Vitamin B5: 0.18mg (1.84%), Calcium: 14.98mg (1.5%), Vitamin B1: 0.02mg (1.49%), Folate: 5.96µg (1.49%), Vitamin A: 64.33IU (1.29%), Vitamin B3: 0.22mg (1.12%)