



Cranberry Quince Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



5

CALORIES



353 kcal

SAUCE

Ingredients

- ☐ 12 oz cranberries fresh thaw (do not ;)
- ☐ 1.8 lb quinces (2 large)
- ☐ 1.5 cups sugar
- ☐ 4 cups water

Equipment

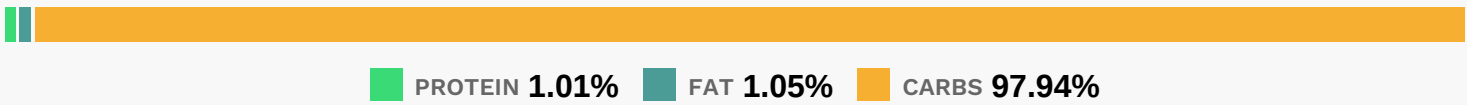
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Peel, quarter, and core quinces, reserving peel and cores, then cut quarters into 1/4-inch pieces. Tie up peel and cores in cheesecloth. Bring water and sugar to a boil in a 4-quart heavy saucepan, stirring until sugar is dissolved, then add quince and cheesecloth bundle and simmer, partially covered, until quince is tender, about 1 1/2 hours.
- ☐ Add cranberries and simmer, uncovered, stirring occasionally, until cranberries burst and soften, 8 to 10 minutes.
- ☐ Drain mixture in a large medium-mesh sieve set over a bowl, discarding cheesecloth bundle and reserving cranberry solids, then return cooking liquid to pan and boil, uncovered, until syrupy and reduced to about 1 1/2 cups, 5 to 10 minutes. Stir together syrup and cranberry mixture in bowl, then cool to room temperature.
- ☐ Cranberry quince sauce can be made 3 days ahead and chilled in an airtight container.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:51.9, Inflammation Score:-4, Nutrition Score:6.5339130422343%

Flavonoids

Cyanidin: 31.59mg, Cyanidin: 31.59mg, Cyanidin: 31.59mg, Cyanidin: 31.59mg Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg, Delphinidin: 5.22mg Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 4.04mg, Epicatechin: 4.04mg, Epicatechin: 4.04mg, Epicatechin: 4.04mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg, Quercetin: 10.1mg

Nutrients (% of daily need)

Calories: 352.79kcal (17.64%), Fat: 0.44g (0.68%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 92.21g (30.74%), Net Carbohydrates: 86.75g (31.54%), Sugar: 62.79g (69.76%), Cholesterol: 0mg (0%), Sodium: 17.77mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 33.34mg (40.41%), Fiber: 5.47g (21.86%), Copper: 0.28mg (13.95%), Manganese: 0.25mg (12.37%), Potassium: 368.38mg (10.53%), Iron: 1.3mg (7.21%), Vitamin E: 0.9mg (5.99%), Vitamin B6: 0.1mg (5.11%), Magnesium: 18.68mg (4.67%), Vitamin B2: 0.07mg (4.27%), Phosphorus: 34.47mg (3.45%), Vitamin B5: 0.33mg (3.29%), Vitamin K: 3.4µg (3.24%), Calcium: 29.18mg (2.92%), Vitamin B1: 0.04mg (2.66%), Vitamin A: 104.33IU (2.09%), Selenium: 1.38µg (1.97%), Vitamin B3: 0.39mg (1.93%), Folate: 5.44µg (1.36%)