



## Cranberry-Raspberry Conserve

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



929 kcal

SIDE DISH

### Ingredients

- 2 cups cranberries fresh
- 0.5 cup golden raisins
- 0.5 cup hazelnuts finely chopped
- 1.5 tablespoons orange rind grated
- 10 ounce raspberries in syrup frozen thawed undrained
- 1.8 cups sugar

### Equipment

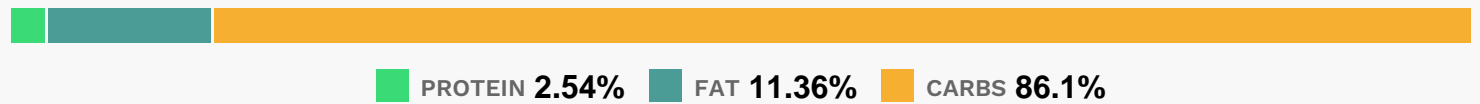
- food processor

- sauce pan
- sieve
- blender

## Directions

- Process thawed raspberries in a blender or food processor 10 seconds or until pureed, stopping to scrape down sides.
- Pour berries through a wire-mesh strainer into a medium saucepan; press with the back of a spoon against sides of strainer to squeeze out juice, discarding solids.
- Stir in cranberries; bring to a boil. Cover, reduce heat, and simmer 6 minutes or until skins pop.
- Stir in sugar and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 2 minutes or until thickened, stirring constantly.
- Remove from heat. Spoon conserve into 3 (1/2-pint) jars, filling to 1/4" from top. Cover with metal lids, and screw on bands. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:62.25, Glycemic Load:94.52, Inflammation Score:-3, Nutrition Score:12.017391251481%

## Flavonoids

Cyanidin: 32.3mg, Cyanidin: 32.3mg, Cyanidin: 32.3mg, Cyanidin: 32.3mg Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 32.77mg, Peonidin: 32.77mg, Peonidin: 32.77mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg

## Nutrients (% of daily need)

Calories: 928.91kcal (46.45%), Fat: 12.74g (19.6%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 217.26g (72.42%), Net Carbohydrates: 211.63g (76.96%), Sugar: 190.7g (211.89%), Cholesterol: 0mg (0%), Sodium: 72.58mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Manganese: 1.55mg (77.71%), Vitamin E: 3.92mg (26.11%), Copper: 0.48mg (24%), Fiber: 5.62g (22.5%), Vitamin C: 15.45mg (18.72%), Vitamin B6: 0.23mg (11.7%), Magnesium: 45.72mg (11.43%), Calcium: 109.94mg (10.99%), Potassium: 378.31mg (10.81%), Vitamin B1: 0.14mg (9.48%), Phosphorus: 93.75mg (9.38%), Iron: 1.61mg (8.93%), Vitamin K: 7.02µg (6.68%), Vitamin B2: 0.11mg (6.29%), Folate: 24.89µg (6.22%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.43mg (4.29%), Vitamin B3: 0.73mg (3.65%), Selenium: 1.45µg (2.07%), Vitamin A: 56.6IU (1.13%)