



Cranberry-Raspberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



12

CALORIES



157 kcal

SAUCE

Ingredients



1.5 cups brown sugar packed



12 oz cranberries fresh



0.5 cup raspberry jam seedless



0.8 cup water

Equipment

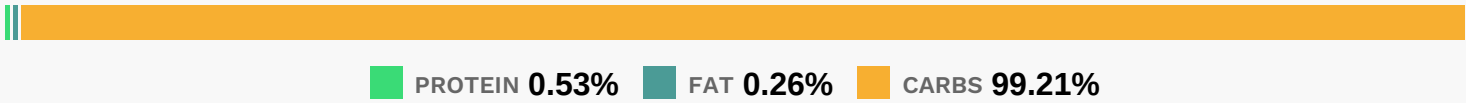


sauce pan

Directions

- ☐ In 2-quart saucepan, mix cranberries, brown sugar and water.
- ☐ Heat to boiling over high heat. Reduce heat to medium-high. Cook 8 to 10 minutes, stirring frequently, until mixture is thick and all cranberries have popped. Cool slightly, about 10 minutes.
- ☐ Strain cranberry mixture, pressing berries to extract juice; discard berry skins. Stir jam into warm juice. Cool 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:6.35, Inflammation Score:-1, Nutrition Score:1.6782608731933%

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, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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

Nutrients (% of daily need)

Calories: 156.92kcal (7.85%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.02%), Carbohydrates: 40.14g (13.38%), Net Carbohydrates: 38.96g (14.17%), Sugar: 34.76g (38.62%), Cholesterol: 0mg (0%), Sodium: 13.54mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin C: 5.22mg (6.32%), Manganese: 0.13mg (6.27%), Fiber: 1.18g (4.71%), Calcium: 28.37mg (2.84%), Vitamin E: 0.39mg (2.61%), Copper: 0.05mg (2.27%), Potassium: 70.16mg (2%), Iron: 0.33mg (1.83%), Vitamin B6: 0.03mg (1.51%), Vitamin K: 1.42µg (1.35%), Vitamin B5: 0.12mg (1.23%), Magnesium: 4.89mg (1.22%)