



Cranberry Raspberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



106 kcal

SAUCE

Ingredients



12 ounces cranberries



2 cups raspberries



0.8 cup sugar white



1 cup merlot wine

Equipment



sauce pan

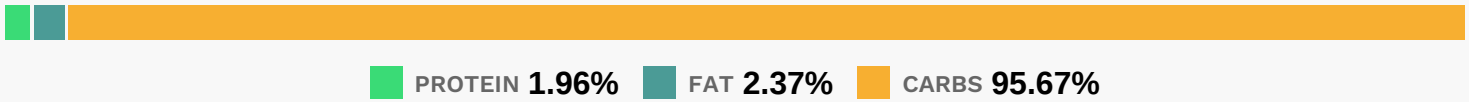


whisk

Directions

- ☐
- Put cranberries, raspberries, Merlot, and sugar in a large saucepan. Bring to a boil, stirring occasionally. Use a whisk to mash the cranberries. Turn down heat and let simmer for 15 minutes.
- ☐
- Pour sauce into a container and refrigerate. It can be served hot or cold.

Nutrition Facts



Properties

Glycemic Index:15.61, Glycemic Load:12.19, Inflammation Score:-3, Nutrition Score:3.069565259892%

Flavonoids

Cyanidin: 26.78mg, Cyanidin: 26.78mg, Cyanidin: 26.78mg, Cyanidin: 26.78mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 2.93mg, Delphinidin: 2.93mg, Delphinidin: 2.93mg, Delphinidin: 2.93mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 16.75mg, Peonidin: 16.75mg, Peonidin: 16.75mg, Peonidin: 16.75mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 105.8kcal (5.29%), Fat: 0.25g (0.38%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 19.75g (7.18%), Sugar: 17.67g (19.64%), Cholesterol: 0mg (0%), Sodium: 2.27mg (0.1%), Alcohol: 2.5g (100%), Alcohol %: 3.26% (100%), Protein: 0.46g (0.92%), Manganese: 0.31mg (15.68%), Vitamin C: 11.05mg (13.39%), Fiber: 2.78g (11.14%), Vitamin E: 0.66mg (4.39%), Vitamin K: 3.57µg (3.4%), Potassium: 87.52mg (2.5%), Magnesium: 9.96mg (2.49%), Vitamin B6: 0.05mg (2.28%), Copper: 0.04mg (2.17%), Iron: 0.34mg (1.89%), Vitamin B5: 0.19mg (1.88%), Phosphorus: 15.5mg (1.55%), Vitamin B2: 0.02mg (1.43%), Folate: 5.62µg (1.41%), Vitamin B3: 0.22mg (1.09%), Zinc: 0.16mg (1.09%), Calcium: 10.79mg (1.08%)