



## Cranberry Red Wine Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



60

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cinnamon sticks
- 12 ounce cranberries fresh rinsed
- 1 cup cooking wine dry red
- 2 tablespoons orange zest cut into slivers
- 1.5 cups sugar white

### Equipment

- sauce pan

## Directions

- Combine sugar with red wine in a medium saucepan, and bring to a boil over medium heat.
- Add the cranberries, cinnamon stick and orange peel. Bring the mixture back to a boil, reduce heat, and simmer, stirring often, for 10 to 15 minutes, until most of the cranberries have burst.
- Remove from heat, allow relish to cool slightly, and spoon into sterilized glass jelly jars with tight-fitting lids. Store in refrigerator.

## Nutrition Facts

**PROTEIN 0.57%** **FAT 0.93%** **CARBS 98.5%**

## Properties

Glycemic Index:2, Glycemic Load:3.71, Inflammation Score:-1, Nutrition Score:0.27217390849862%

## Flavonoids

Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg, Cyanidin: 2.63mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 1.07mg, Malvidin: 1.07mg, Malvidin: 1.07mg, Malvidin: 1.07mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.86mg, Peonidin: 2.86mg, Peonidin: 2.86mg, Peonidin: 2.86mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 25.52kcal (1.28%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.61g (2.04%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 0.18mg (0.01%), Alcohol: 0.42g (100%), Alcohol %: 3.57% (100%), Protein: 0.03g (0.07%), Manganese: 0.03mg (1.54%), Vitamin C: 1.07mg (1.29%), Fiber: 0.26g (1.03%)