



Cranberry & red wine sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients



400 ml red wine



100 g sugar



2 cloves



1 star anise



1 cinnamon sticks



500 g cranberries fresh

Equipment

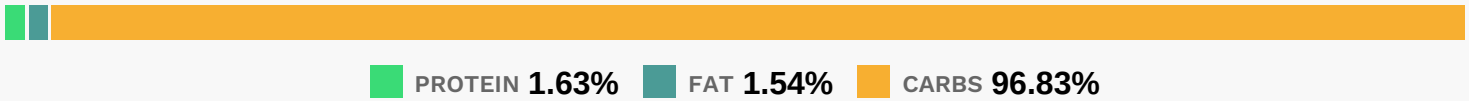


frying pan

Directions

- ☐
- Put the wine, sugar, cloves, star anise and cinnamon stick into a large, shallow pan. Bring to a simmer and cook until the liquid has reduced by half.
- ☐
- Add the cranberries and cook for 5 mins or until the cranberries burst and start to look jammy. Set aside to cool. Can be frozen or spoon into a jar and keep in the fridge for up to a week.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:11.3, Inflammation Score:-4, Nutrition Score:3.2739130180815%

Flavonoids

Cyanidin: 29.12mg, Cyanidin: 29.12mg, Cyanidin: 29.12mg, Cyanidin: 29.12mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 5.81mg, Delphinidin: 5.81mg, Delphinidin: 5.81mg, Delphinidin: 5.81mg Malvidin: 7.29mg, Malvidin: 7.29mg, Malvidin: 7.29mg, Malvidin: 7.29mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 31.36mg, Peonidin: 31.36mg, Peonidin: 31.36mg, Peonidin: 31.36mg Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 4.65mg, Epicatechin: 4.65mg, Epicatechin: 4.65mg, Epicatechin: 4.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 4.36mg, Myricetin: 4.36mg, Myricetin: 4.36mg, Myricetin: 4.36mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 121.63kcal (6.08%), Fat: 0.15g (0.24%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 19.2g (6.98%), Sugar: 15.47g (17.19%), Cholesterol: 0mg (0%), Sodium: 3.61mg (0.16%), Alcohol: 5.38g (100%), Alcohol %: 5.39% (100%), Protein: 0.37g (0.73%), Manganese: 0.4mg (20.09%), Vitamin C: 8.79mg (10.66%), Fiber: 2.52g (10.07%), Vitamin E: 0.84mg (5.6%), Potassium: 118.86mg (3.4%), Vitamin K: 3.54µg (3.37%), Vitamin B6: 0.07mg (3.31%), Iron: 0.47mg (2.62%), Magnesium: 10.44mg (2.61%), Copper: 0.04mg (2.21%), Vitamin

B5: 0.2mg (2.02%), Phosphorus: 19.42mg (1.94%), Vitamin B2: 0.03mg (1.84%), Calcium: 14.69mg (1.47%)