



Cranberry Reduction



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



10

CALORIES



67 kcal

SAUCE

Ingredients

- ☐ 4 dashes angostura bitters
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 sprig rosemary (3-inch)
- ☐ 0.3 cup sugar
- ☐ 0.5 cup roasted cranberry sauce canned

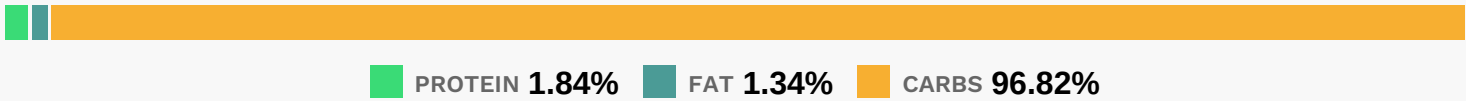
Equipment

- ☐ sauce pan

Directions

- ☐
- Boil first 4 ingredients in a medium saucepan over medium heat, stirring often, 4 to 5 minutes or until smooth. Reduce heat to low, and simmer, stirring occasionally, 20 minutes or until liquid is reduced by half and slightly thickened.
- ☐
- Add rosemary; cover and let stand 5 minutes. Discard rosemary. Cool mixture 30 minutes. Cover and chill 1 hour. Store in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:19.61, Glycemic Load:6.92, Inflammation Score:-1, Nutrition Score:1.0804347901241%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 66.72kcal (3.34%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.79g (6.11%), Sugar: 15.62g (17.35%), Cholesterol: 0mg (0%), Sodium: 1.77mg (0.08%), Alcohol: 0.18g (100%), Alcohol %: 0.33% (100%), Protein: 0.32g (0.65%), Vitamin C: 4.85mg (5.88%), Vitamin E: 0.74mg (4.92%), Vitamin K: 2.78µg (2.64%), Copper: 0.03mg (1.59%), Vitamin B6: 0.03mg (1.42%), Potassium: 43.08mg (1.23%), Iron: 0.19mg (1.05%)