

# Cranberry Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



740 kcal

SIDE DISH

SAUCE

## Ingredients

- 0.3 cup brandy
- 1.5 pounds cranberries fresh
- 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 2 granny smith apples cored peeled quartered
- 2 lemon zest peeled
- 2 orange zest peeled
- 2 pears cored peeled quartered
- 0.8 cup sugar white

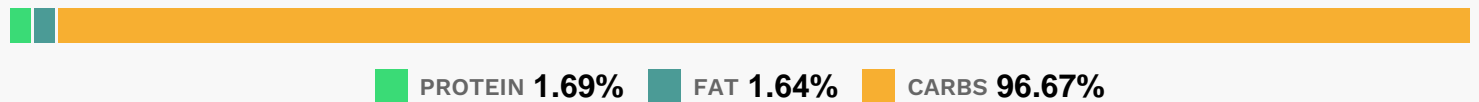
## Equipment

- food processor
- bowl
- plastic wrap

## Directions

- Combine cranberries, pears, apples, oranges, and lemons in a food processor; grind to a fine consistency.
- Transfer to a large glass bowl. Stir sugar, orange zest, and lemon zest into the fruit mixture.
- Add brandy and cranberry juice; stir.
- Cover bowl with plastic wrap and refrigerate for at least 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:127.42, Glycemic Load:81.91, Inflammation Score:-9, Nutrition Score:21.194782718368%

## Flavonoids

Cyanidin: 164.48mg, Cyanidin: 164.48mg, Cyanidin: 164.48mg, Cyanidin: 164.48mg Delphinidin: 26.09mg, Delphinidin: 26.09mg, Delphinidin: 26.09mg, Delphinidin: 26.09mg Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg Pelargonidin: 1.09mg, Pelargonidin: 1.09mg, Pelargonidin: 1.09mg, Pelargonidin: 1.09mg Peonidin: 167.28mg, Peonidin: 167.28mg, Peonidin: 167.28mg, Peonidin: 167.28mg Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg, Catechin: 4.17mg Epigallocatechin: 4.04mg, Epigallocatechin: 4.04mg, Epigallocatechin: 4.04mg, Epigallocatechin: 4.04mg Epicatechin: 35.26mg, Epicatechin: 35.26mg, Epicatechin: 35.26mg, Epicatechin: 35.26mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 3.95mg, Epigallocatechin 3-gallate: 3.95mg, Epigallocatechin 3-gallate: 3.95mg, Epigallocatechin 3-gallate: 3.95mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 22.55mg, Myricetin: 22.55mg, Myricetin: 22.55mg, Myricetin: 22.55mg Quercetin: 59.28mg, Quercetin: 59.28mg, Quercetin: 59.28mg, Quercetin: 59.28mg

## Nutrients (% of daily need)

Calories: 739.65kcal (36.98%), Fat: 1.32g (2.04%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 175.51g (58.5%), Net Carbohydrates: 151.44g (55.07%), Sugar: 129.74g (144.15%), Cholesterol: 0mg (0%), Sodium: 12.81mg (0.56%), Alcohol: 10.02g (100%), Alcohol %: 1.49% (100%), Protein: 3.07g (6.14%), Vitamin C: 90.65mg (109.88%), Fiber: 24.07g (96.29%), Manganese: 1.38mg (69.11%), Vitamin E: 5.46mg (36.38%), Vitamin K: 30.46µg (29.01%), Copper: 0.43mg (21.56%), Potassium: 734.87mg (21%), Vitamin B6: 0.37mg (18.42%), Vitamin B5: 1.28mg (12.8%), Magnesium: 47.41mg (11.85%), Vitamin B2: 0.2mg (11.67%), Iron: 1.59mg (8.85%), Phosphorus: 87.35mg (8.74%), Calcium: 84.8mg (8.48%), Vitamin A: 414.53IU (8.29%), Vitamin B1: 0.12mg (7.72%), Folate: 26.02µg (6.5%), Vitamin B3: 0.96mg (4.8%), Zinc: 0.65mg (4.35%), Selenium: 1.16µg (1.66%)