

Cranberry Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

3

CALORIES

calories

352 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 pound cranberries fresh
- ☐ 0.5 optional: lemon
- ☐ 1 medium size cranberry–orange relish
- ☐ 1 cup sugar

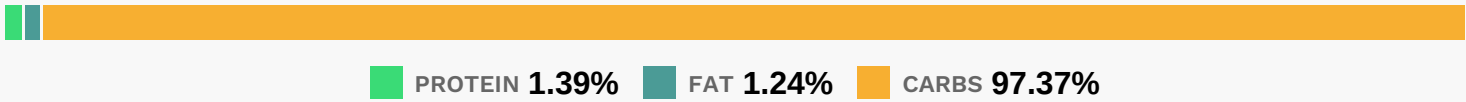
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Cut orange and lemon into quarters, removing white membrane down center of pulp.
- ☐ Process the orange and lemon in a food processor until finely chopped.
- ☐ Add cranberries and sugar; process until coarsely chopped and well combined.
- ☐ Pour cranberry mixture into a bowl; cover and chill at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:61.03, Glycemic Load:54.3, Inflammation Score:-6, Nutrition Score:8.6878259492957%

Flavonoids

Cyanidin: 70.2mg, Cyanidin: 70.2mg, Cyanidin: 70.2mg, Cyanidin: 70.2mg Delphinidin: 11.6mg, Delphinidin: 11.6mg, Delphinidin: 11.6mg, Delphinidin: 11.6mg Malvidin: 0.67mg, Malvidin: 0.67mg, Malvidin: 0.67mg, Malvidin: 0.67mg Pelargonidin: 0.48mg, Pelargonidin: 0.48mg, Pelargonidin: 0.48mg, Pelargonidin: 0.48mg Peonidin: 74.33mg, Peonidin: 74.33mg, Peonidin: 74.33mg, Peonidin: 74.33mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 6.61mg, Epicatechin: 6.61mg, Epicatechin: 6.61mg, Epicatechin: 6.61mg Epigallocatechin 3-gallate: 1.47mg, Epigallocatechin 3-gallate: 1.47mg, Epigallocatechin 3-gallate: 1.47mg, Epigallocatechin 3-gallate: 1.47mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 16.92mg, Hesperetin: 16.92mg, Hesperetin: 16.92mg, Hesperetin: 16.92mg Naringenin: 6.79mg, Naringenin: 6.79mg, Naringenin: 6.79mg, Naringenin: 6.79mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 10.18mg, Myricetin: 10.18mg, Myricetin: 10.18mg, Myricetin: 10.18mg Quercetin: 22.84mg, Quercetin: 22.84mg, Quercetin: 22.84mg, Quercetin: 22.84mg

Nutrients (% of daily need)

Calories: 351.96kcal (17.6%), Fat: 0.52g (0.79%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 91.37g (30.46%), Net Carbohydrates: 84.38g (30.68%), Sugar: 77.52g (86.14%), Cholesterol: 0mg (0%), Sodium: 4.05mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin C: 53.94mg (65.38%), Manganese: 0.56mg (28.16%), Fiber: 7g (27.98%), Vitamin E: 2.1mg (14.01%), Vitamin K: 7.56µg (7.2%), Potassium: 226.17mg (6.46%), Vitamin B6: 0.13mg (6.34%), Vitamin B5: 0.59mg (5.89%), Copper: 0.12mg (5.78%), Vitamin B1: 0.06mg (4.22%), Folate: 16.59µg (4.15%), Vitamin A: 192.93IU (3.86%), Vitamin B2: 0.06mg (3.76%), Magnesium: 14.88mg (3.72%), Calcium: 34.91mg (3.49%), Iron: 0.53mg (2.96%), Phosphorus: 25.63mg (2.56%), Vitamin B3: 0.29mg (1.47%), Zinc: 0.18mg (1.23%), Selenium: 0.84µg (1.2%)