

Cranberry Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

SAUCE

Ingredients

- 1 medium apples cored unpeeled
- 16 ounce cranberries fresh
- 0.5 cup golden raisins
- 1.7 cups granulated sugar
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.5 teaspoon lemon zest
- 1 cup pomegranate juice

1 cup water

Equipment

sauce pan

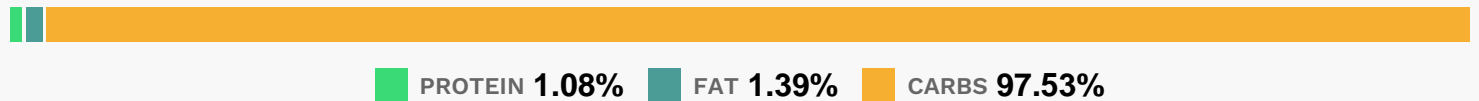
Directions

Combine cranberries, sugar, ginger, cloves, pomegranate juice (if using), and water in a medium saucepan over medium heat. Bring to a boil, then reduce heat to medium-low and simmer until most cranberries are broken up, about 20 minutes. Stir in raisins, apple, and lemon zest and continue simmering until thick, about 25 minutes.

Remove from heat and let cool.

Serve lukewarm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:35.94, Inflammation Score:-2, Nutrition Score:4.0165216896845%

Flavonoids

Cyanidin: 27.43mg, Cyanidin: 27.43mg, Cyanidin: 27.43mg, Cyanidin: 27.43mg Delphinidin: 4.6mg, Delphinidin: 4.6mg, Delphinidin: 4.6mg, Delphinidin: 4.6mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg

Nutrients (% of daily need)

Calories: 243.32kcal (12.17%), Fat: 0.4g (0.61%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 62.92g (20.97%), Net Carbohydrates: 59.86g (21.77%), Sugar: 55.67g (61.85%), Cholesterol: 0mg (0%), Sodium: 7.53mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Manganese: 0.39mg (19.4%), Fiber: 3.05g

(12.22%), Vitamin C: 9.47mg (11.48%), Vitamin K: 7.07µg (6.73%), Vitamin E: 0.93mg (6.2%), Potassium: 207.87mg (5.94%), Copper: 0.09mg (4.31%), Vitamin B6: 0.08mg (4.24%), Vitamin B5: 0.28mg (2.84%), Vitamin B2: 0.05mg (2.81%), Magnesium: 10.8mg (2.7%), Iron: 0.41mg (2.29%), Phosphorus: 22.94mg (2.29%), Folate: 9.06µg (2.26%), Calcium: 16.53mg (1.65%), Vitamin B3: 0.27mg (1.34%), Vitamin B1: 0.02mg (1.09%)