

Cranberry Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



353 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounces cranberries fresh
- ☐ 2 teaspoons ginger fresh cut in fine julienne
- ☐ 2 teaspoons juice of lemon
- ☐ 2 oranges
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon pepper white freshly ground

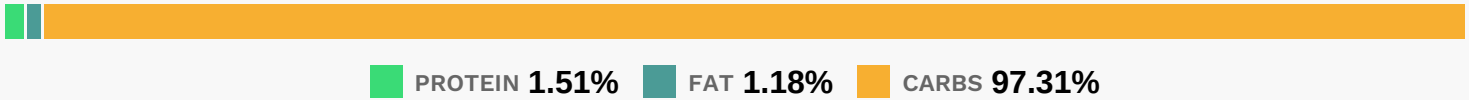
Equipment

- ☐ frying pan

Directions

- ☐ Peel 1 orange and cut the zest (orange part only) into a very fine julienne, as thin as possible; set aside. Squeeze both oranges for juice; set aside.
- ☐ Combine sugar and lemon juice in a small sauté pan.
- ☐ Heat up slowly and continue cooking until the sugar begins to caramelize. If necessary, wash down the sides of the pan by brushing with a little water to keep the sugar from burning.
- ☐ When the sugar is caramel colored, add the julienned ginger and orange zest. Cook for about 1 minute, then add the cranberries, orange juice and pepper. Continue to cook on medium-high heat, stirring frequently, for about 5 minutes or until the cranberries are slightly broken but not mushy (frozen cranberries will take about 7 minutes).
- ☐ Remove from the heat and let cool.
- ☐ Reprinted with permission from Jasper White's Cooking from New England by Jasper White.
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Nutrition Facts



Properties

Glycemic Index:57.53, Glycemic Load:54.35, Inflammation Score:-6, Nutrition Score:9.0052174277928%

Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 24.28mg, Hesperetin: 24.28mg, Hesperetin: 24.28mg, Hesperetin: 24.28mg Naringenin: 13.43mg, Naringenin: 13.43mg, Naringenin: 13.43mg, Naringenin: 13.43mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 7.65mg, Myricetin: 7.65mg, Myricetin: 7.65mg, Myricetin: 7.65mg Quercetin: 17.23mg, Quercetin: 17.23mg, Quercetin: 17.23mg, Quercetin: 17.23mg

Nutrients (% of daily need)

Calories: 352.66kcal (17.63%), Fat: 0.49g (0.75%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 91.01g (30.34%),
Net Carbohydrates: 84.71g (30.8%), Sugar: 79.65g (88.5%), Cholesterol: 0mg (0%), Sodium: 3.16mg (0.14%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin C: 63.76mg (77.29%), Fiber: 6.3g (25.21%),
Manganese: 0.45mg (22.53%), Vitamin E: 1.66mg (11.08%), Potassium: 259.34mg (7.41%), Folate: 28.18µg (7.05%),
Vitamin B1: 0.09mg (6.05%), Vitamin B6: 0.12mg (6.05%), Copper: 0.11mg (5.7%), Vitamin B5: 0.56mg (5.6%),
Vitamin K: 5.67µg (5.4%), Vitamin A: 264.74IU (5.29%), Calcium: 45.97mg (4.6%), Vitamin B2: 0.07mg (4.21%),
Magnesium: 16.61mg (4.15%), Phosphorus: 26.01mg (2.6%), Iron: 0.44mg (2.44%), Vitamin B3: 0.37mg (1.87%),
Selenium: 0.97µg (1.39%), Zinc: 0.18mg (1.2%)