

Cranberry Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



3

CALORIES



379 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 2 cups cranberries raw rinsed
- ☐ 2 tart apples green thick cored peeled cut into slices
- ☐ 1 large cranberry-orange relish whole seedless cut into sections (peel ON)
- ☐ 1 cups granulated sugar sweet (depending on how you would like your relish to be)

Equipment

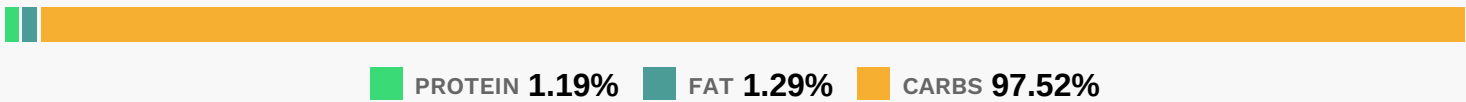
- ☐ food processor
- ☐ bowl
- ☐ frying pan

☐ blender

Directions

- ☐ Prepare your grinder: If you are using an old fashioned grinder, use the medium-sized grinder plate and set the grinder on the edge of a table with a large bowl or pan to catch the fruit mix as it is ground. Old fashioned grinders tend to leak juice down the grinder base, so you may want to set up a bowl underneath to catch the drips.
- ☐ If you don't have an old fashioned grinder, you can use the grinder attachment to a Kitchen Aid mixer, or you can use a food processor. If you use a food processor, be careful not to over-pulse! Or you'll have mush instead of relish.
- ☐ You can also just chop very finely by hand, but that's difficult, especially with the cranberries.
- ☐ Push fruit through grinder: Push the cranberries, orange sections, and apple slices through the grinder. Include the orange peel! Alternate the fruit as you push it through the grinder so that different fruits get ground together. If you do not have a grinder, pulse fruit in a food processor.
- ☐ Add sugar: Stir in the sugar. (Start with less than a cup and keep adding 1/4 cups until you reach your desired level of sweetness.)
- ☐ Let sit at room temperature until the sugar dissolves, about 45 minutes. Store in the refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:63.2, Glycemic Load:55.94, Inflammation Score:-6, Nutrition Score:7.6217391335446%

Flavonoids

Cyanidin: 32.86mg, Cyanidin: 32.86mg, Cyanidin: 32.86mg, Cyanidin: 32.86mg Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 32.8mg, Peonidin: 32.8mg, Peonidin: 32.8mg, Peonidin: 32.8mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 12.05mg, Epicatechin: 12.05mg, Epicatechin: 12.05mg, Epicatechin: 12.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.88mg, Epigallocatechin 3–gallate: 0.88mg, Epigallocatechin 3–gallate: 0.88mg, Epigallocatechin 3–gallate: 0.88mg Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg Naringenin: 9.4mg, Naringenin: 9.4mg, Naringenin: 9.4mg, Naringenin: 9.4mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg Quercetin: 15.03mg, Quercetin: 15.03mg, Quercetin: 15.03mg, Quercetin: 15.03mg

Nutrients (% of daily need)

Calories: 379.25kcal (18.96%), Fat: 0.58g (0.89%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 98.38g (32.79%), Net Carbohydrates: 91.6g (33.31%), Sugar: 87.73g (97.48%), Cholesterol: 0mg (0%), Sodium: 3.21mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 47.54mg (57.63%), Fiber: 6.78g (27.14%), Manganese: 0.3mg (15.02%), Potassium: 295.51mg (8.44%), Vitamin E: 1.21mg (8.06%), Vitamin B6: 0.12mg (6.23%), Vitamin K: 6µg (5.72%), Folate: 22.71µg (5.68%), Vitamin B1: 0.08mg (5.47%), Copper: 0.1mg (5.12%), Vitamin A: 243.52IU (4.87%), Vitamin B2: 0.08mg (4.83%), Vitamin B5: 0.42mg (4.24%), Magnesium: 16.2mg (4.05%), Calcium: 37.81mg (3.78%), Phosphorus: 29.27mg (2.93%), Iron: 0.39mg (2.19%), Vitamin B3: 0.35mg (1.75%), Selenium: 0.77µg (1.1%), Zinc: 0.16mg (1.05%)