

Cranberry Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



3

CALORIES



379 kcal

SIDE DISH

SAUCE

Ingredients

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

Equipment

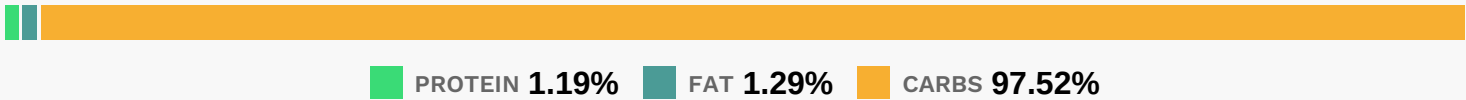
- ☐ food processor
- ☐ bowl
- ☐ blender

☐ roasting pan

Directions

- ☐ Set up the grinder with a medium-sized blade on the edge of a table with a large roasting pan or bowl to catch the mix as it grinds. These old fashioned grinders tend to leak some of the juice down the grinder base, so you may want to set up an additional pan on the floor under the grinder to catch the drips. If you don't have an old-fashioned grinder you can use a grinder attachment on a Kitchen
- ☐ Aid mixer, you can chop by hand (though that will take a lot of work), or you can chop in a food processor (be very careful not to over-pulse, or you'll end up with mush). 2 Run fruit through a grinder. Use the entire (seedless) orange, peels, pith and all. 3
- ☐ Mix in the sugar.
- ☐ Let sit at room temperature until sugar dissolves, about 45 minutes. Store in the refrigerator.

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, 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%)