



Cranberry Relish II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1055 kcal

SIDE DISH

SAUCE

Ingredients



4 apples diced with peel cored



2 pounds cranberries



4 large oranges peeled seeded



4 cups sugar white

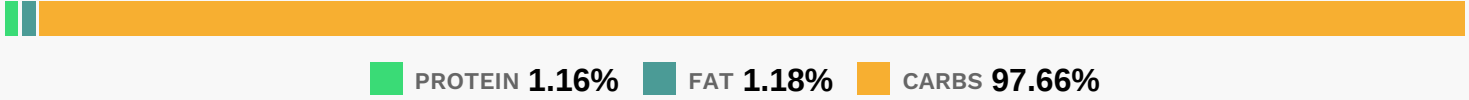
Equipment

Directions

- ☐
- Take the yellow peel from oranges; trim off and discard white part. Put orange pulp and yellow peel, cranberries, and apples through food chopper.

☐☐

Nutrition Facts



Properties

Glycemic Index:47.4, Glycemic Load:162.18, Inflammation Score:-9, Nutrition Score:18.049565180488%

Flavonoids

Cyanidin: 108.16mg, Cyanidin: 108.16mg, Cyanidin: 108.16mg, Cyanidin: 108.16mg Delphinidin: 17.4mg, Delphinidin: 17.4mg, Delphinidin: 17.4mg, Delphinidin: 17.4mg Malvidin: 1mg, Malvidin: 1mg, Malvidin: 1mg, Malvidin: 1mg Pelargonidin: 0.73mg, Pelargonidin: 0.73mg, Pelargonidin: 0.73mg, Pelargonidin: 0.73mg Peonidin: 111.53mg, Peonidin: 111.53mg, Peonidin: 111.53mg, Peonidin: 111.53mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 2.15mg, Epigallocatechin: 2.15mg, Epigallocatechin: 2.15mg, Epigallocatechin: 2.15mg Epicatechin: 23.62mg, Epicatechin: 23.62mg, Epicatechin: 23.62mg, Epicatechin: 23.62mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 2.55mg, Epigallocatechin 3-gallate: 2.55mg, Epigallocatechin 3-gallate: 2.55mg, Epigallocatechin 3-gallate: 2.55mg Hesperetin: 50.14mg, Hesperetin: 50.14mg, Hesperetin: 50.14mg, Hesperetin: 50.14mg Naringenin: 28.19mg, Naringenin: 28.19mg, Naringenin: 28.19mg, Naringenin: 28.19mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 15.31mg, Myricetin: 15.31mg, Myricetin: 15.31mg, Myricetin: 15.31mg Quercetin: 41.78mg, Quercetin: 41.78mg, Quercetin: 41.78mg, Quercetin: 41.78mg

Nutrients (% of daily need)

Calories: 1055.45kcal (52.77%), Fat: 1.47g (2.25%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 273.24g (91.08%), Net Carbohydrates: 256.29g (93.2%), Sugar: 245.42g (272.68%), Cholesterol: 0mg (0%), Sodium: 8.36mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Vitamin C: 138.01mg (167.29%), Fiber: 16.95g (67.79%), Manganese: 0.93mg (46.71%), Vitamin E: 3.65mg (24.35%), Potassium: 713.22mg (20.38%), Folate: 62.93µg (15.73%), Vitamin B6: 0.31mg (15.71%), Vitamin K: 15.34µg (14.61%), Vitamin B1: 0.22mg (14.55%), Copper: 0.27mg (13.65%), Vitamin A: 648.36IU (12.97%), Vitamin B5: 1.24mg (12.4%), Vitamin B2: 0.2mg (12.02%), Calcium: 104.66mg (10.47%), Magnesium: 41.11mg (10.28%), Phosphorus: 70.73mg (7.07%), Iron: 1.02mg (5.69%), Vitamin B3: 0.91mg (4.57%), Selenium: 2.35µg (3.35%), Zinc: 0.43mg (2.84%)