



## Cranberry Relish III

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



3

CALORIES



591 kcal

SIDE DISH

SAUCE

### Ingredients

- 12 ounce cranberries fresh
- 8 ounces kumquats
- 1 cup pecans
- 1 cup sugar white

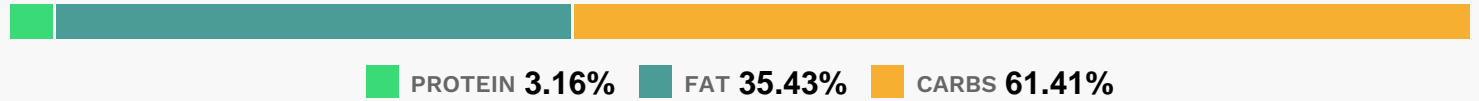
### Equipment

- food processor

# Directions

- Wash cranberries and pick out any spoiled berries.
- Drain, and put in a food processor with kumquats, sugar and nuts. Blend until well chopped – be careful not to process it too much or it will be mush. Chill and serve.

# Nutrition Facts



# Properties

Glycemic Index:41.7, Glycemic Load:50.97, Inflammation Score:-7, Nutrition Score:16.633913081625%

# Flavonoids

Cyanidin: 56.19mg, Cyanidin: 56.19mg, Cyanidin: 56.19mg, Cyanidin: 56.19mg Delphinidin: 11.1mg, Delphinidin: 11.1mg, Delphinidin: 11.1mg, Delphinidin: 11.1mg 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: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epigallocatechin: 2.7mg, Epigallocatechin: 2.7mg, Epigallocatechin: 2.7mg, Epigallocatechin: 2.7mg Epicatechin: 5.23mg, Epicatechin: 5.23mg, Epicatechin: 5.23mg, Epicatechin: 5.23mg Epigallocatechin 3-gallate: 1.86mg, Epigallocatechin 3-gallate: 1.86mg, Epigallocatechin 3-gallate: 1.86mg, Epigallocatechin 3-gallate: 1.86mg Naringenin: 43.39mg, Naringenin: 43.39mg, Naringenin: 43.39mg, Naringenin: 43.39mg Apigenin: 16.53mg, Apigenin: 16.53mg, Apigenin: 16.53mg, Apigenin: 16.53mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg

# Nutrients (% of daily need)

Calories: 590.53kcal (29.53%), Fat: 24.77g (38.11%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 96.61g (32.2%), Net Carbohydrates: 84.45g (30.71%), Sugar: 79.76g (88.62%), Cholesterol: 0mg (0%), Sodium: 10.49mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Manganese: 2mg (99.9%), Vitamin C: 49.43mg (59.91%), Fiber: 12.16g (48.66%), Copper: 0.54mg (26.8%), Vitamin B1: 0.26mg (17.29%), Magnesium: 61.85mg (15.46%), Vitamin E: 2.07mg (13.82%), Phosphorus: 118.25mg (11.82%), Zinc: 1.73mg (11.55%), Potassium: 367.97mg (10.51%), Iron: 1.78mg (9.88%), Vitamin B2: 0.15mg (8.61%), Vitamin B6: 0.16mg (8.06%), Calcium: 79.71mg (7.97%), Vitamin B5: 0.78mg (7.77%), Vitamin K: 6.82µg (6.5%), Vitamin A: 305.76IU (6.12%), Folate: 21.25µg (5.31%), Vitamin B3: 0.82mg (4.12%), Selenium: 1.77µg (2.52%)