



Cranberry Relish with Grand Marnier® and Pecans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



10

CALORIES



199 kcal

SIDE DISH

SAUCE

Ingredients

- 4 cups cranberries fresh
- 1 tablespoon ginger root fresh minced
- 1 cup orange juice
- 0.3 cup brandy-based orange liqueur grand marnier® (such as)
- 1 tablespoon orange zest grated
- 0.5 cup pecans toasted chopped
- 1.5 cups sugar white

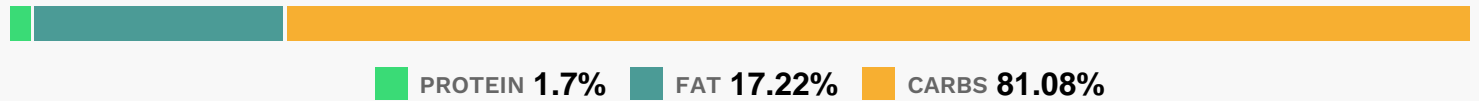
Equipment

- bowl
- sauce pan

Directions

- Bring the sugar, orange liqueur, orange juice, ginger, and orange zest to a boil in a saucepan over medium-high heat. Stir until the sugar has dissolved, then stir in the cranberries, and cook until they pop, about 5 minutes.
- Add the pecans, pour into a bowl, and refrigerate several hours until cold.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:23.81, Inflammation Score:-3, Nutrition Score:3.8965217678443%

Flavonoids

Cyanidin: 19.1mg, Cyanidin: 19.1mg, Cyanidin: 19.1mg, Cyanidin: 19.1mg Delphinidin: 3.43mg, Delphinidin: 3.43mg, Delphinidin: 3.43mg, Delphinidin: 3.43mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 19.66mg, Peonidin: 19.66mg, Peonidin: 19.66mg, Peonidin: 19.66mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 198.58kcal (9.93%), Fat: 3.79g (5.82%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 38.08g (13.85%), Sugar: 35.84g (39.82%), Cholesterol: 0mg (0%), Sodium: 1.93mg (0.08%), Alcohol: 1.53g (100%), Alcohol %: 1.82% (100%), Protein: 0.84g (1.68%), Vitamin C: 18.91mg (22.92%), Manganese: 0.37mg (18.7%), Fiber: 2.04g (8.17%), Copper: 0.1mg (4.97%), Vitamin E: 0.61mg (4.07%), Vitamin B1: 0.06mg

(4.06%), Potassium: 108.44mg (3.1%), Magnesium: 11.73mg (2.93%), Folate: 9.19µg (2.3%), Phosphorus: 23.05mg (2.3%), Vitamin B6: 0.05mg (2.26%), Vitamin B5: 0.21mg (2.12%), Vitamin K: 2.2µg (2.09%), Zinc: 0.28mg (1.88%), Vitamin B2: 0.03mg (1.71%), Iron: 0.29mg (1.64%), Vitamin A: 78.89IU (1.58%), Calcium: 10.83mg (1.08%), Vitamin B3: 0.22mg (1.08%)