



Cranberry Relish with Grapefruit and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



119 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 10 ounces cranberries
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 large grapefruit
- ☐ 1 cup sugar

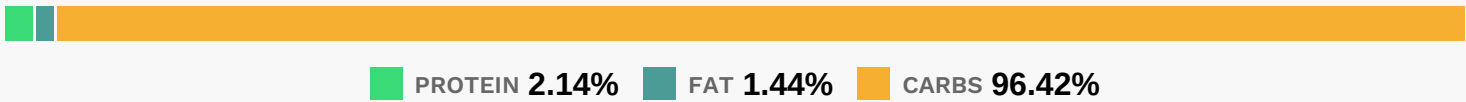
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ peeler

Directions

- ☐ Using vegetable peeler, remove peel (pink–yellow outer layer only) from 1 grapefruit in strips.
- ☐ Cut peel into 2–inch–long, 1/8–inch–wide strips (about 1/2 cup). Squeeze 1 cup juice from grapefruits.
- ☐ Stir 1 cup sugar and 1 cup water in medium saucepan over medium heat until sugar dissolves.
- ☐ Add grapefruit peel; bring to boil. Reduce heat; simmer until peel is soft, about 15 minutes.
- ☐ Add 1 cup grapefruit juice and cranberries; bring to boil. Reduce heat and simmer until berries burst, about 10 minutes.
- ☐ Transfer to medium bowl. Stir in mint. Cover; chill until cold. DO AHEAD: Can be made 3 days ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:16.54, Inflammation Score:–6, Nutrition Score:4.0026086180106%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 21.67mg, Naringenin: 21.67mg, Naringenin: 21.67mg, Naringenin: 21.67mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 118.63kcal (5.93%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 28.41g (10.33%), Sugar: 25.75g (28.61%), Cholesterol: 0mg (0%), Sodium: 1.08mg (0.05%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 25mg (30.31%), Vitamin A: 823.09IU (16.46%), Fiber: 2.16g (8.65%), Manganese: 0.13mg (6.46%), Potassium: 118.41mg (3.38%), Vitamin E: 0.46mg (3.07%), Vitamin B6: 0.05mg (2.63%), Vitamin B5: 0.26mg (2.61%), Folate: 10.06µg (2.51%), Vitamin B1: 0.03mg (2.18%), Magnesium: 8.48mg (2.12%), Copper: 0.04mg (2.09%), Calcium: 19.51mg (1.95%), Vitamin B2: 0.03mg (1.92%), Phosphorus: 15.8mg (1.58%), Vitamin K: 1.42µg (1.35%)