



## Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



119 kcal

SIDE DISH

SAUCE

### Ingredients

- 2 cups apple cider
- 10 peppercorns whole black
- 2 cinnamon sticks
- 4 cups cranberries fresh (2 12-oz. packages)
- 1 cup cranberries dried
- 2 tablespoons orange zest grated
- 0.5 cup sugar

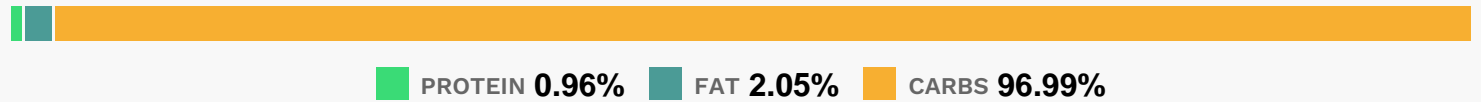
### Equipment

- food processor
- frying pan
- cheesecloth

## Directions

- Place cinnamon, cloves and peppercorns in a large square of cheesecloth. Gather ends and tie securely.
- Combine cider, 1 cup water and sugar in a large pan. Bring to a boil over high heat, stirring to dissolve sugar. Reduce heat to medium, add spice bag and simmer without stirring until reduced to 1 cup, about 30 minutes.
- Add fresh cranberries, bring back to a simmer and cook until softened, 5 to 7 minutes. Cool slightly.
- Remove and discard spice bag.
- Transfer cranberry mixture to a food processor, add dried cranberries and zest and pulse until coarsely chopped. Chill before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.28, Glycemic Load:10.65, Inflammation Score:-2, Nutrition Score:2.8382608819267%

## Flavonoids

Cyanidin: 18.65mg, Cyanidin: 18.65mg, Cyanidin: 18.65mg, Cyanidin: 18.65mg Delphinidin: 3.08mg, Delphinidin: 3.08mg, Delphinidin: 3.08mg, Delphinidin: 3.08mg 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: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 3.97mg, Epicatechin: 3.97mg, Epicatechin: 3.97mg, Epicatechin: 3.97mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.95mg, Myricetin: 2.95mg, Myricetin: 2.95mg, Myricetin: 2.95mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

## Nutrients (% of daily need)

Calories: 119.09kcal (5.95%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 28.36g (10.31%), Sugar: 25.04g (27.83%), Cholesterol: 0mg (0%), Sodium: 3.52mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Manganese: 0.35mg (17.32%), Fiber: 2.7g (10.8%), Vitamin C: 7.71mg (9.34%), Vitamin E: 0.81mg (5.38%), Vitamin K: 3.3µg (3.15%), Potassium: 92.7mg (2.65%), Copper: 0.04mg (2.06%), Vitamin B6: 0.04mg (1.97%), Vitamin B5: 0.18mg (1.77%), Calcium: 17.56mg (1.76%), Iron: 0.28mg (1.55%), Magnesium: 6.1mg (1.52%), Vitamin B2: 0.02mg (1.34%), Vitamin B1: 0.02mg (1.2%)