



Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



17 min.

SERVINGS



10

CALORIES



177 kcal

SIDE DISH

SAUCE

Ingredients

- 1 cinnamon sticks
- 1 pound cranberries fresh washed and dried
- 2 cups granulated sugar
- 0.5 teaspoon ground allspice
- 0.3 teaspoon ground nutmeg
- 1 orange zest juiced
- 0.3 cup water

Equipment

pot

Directions

Watch how to make this recipe.

In a medium pot, combine the cranberries, sugar and water. Stir to blend. Bring the mixture to a boil over medium heat. Reduce to a simmer and add the cinnamon stick, allspice and nutmeg. Stir to blend and simmer for an additional 5 to 7 minutes. Some of the cranberries will burst and some will remain whole.

Add the orange juice and zest, stir and allow to cool before serving.

Nutrition Facts

 PROTEIN 0.53% FAT 1.06% CARBS 98.41%

Properties

Glycemic Index:20.51, Glycemic Load:29.66, Inflammation Score:-1, Nutrition Score:2.0978260927874%

Flavonoids

Cyanidin: 21.06mg, Cyanidin: 21.06mg, Cyanidin: 21.06mg, Cyanidin: 21.06mg Delphinidin: 3.48mg, Delphinidin: 3.48mg, Delphinidin: 3.48mg, Delphinidin: 3.48mg Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 22.3mg, Peonidin: 22.3mg, Peonidin: 22.3mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 3.01mg, Myricetin: 3.01mg, Myricetin: 3.01mg, Myricetin: 3.01mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 177.42kcal (8.87%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 43.98g (15.99%), Sugar: 41.88g (46.53%), Cholesterol: 0mg (0%), Sodium: 1.86mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Manganese: 0.23mg (11.52%), Vitamin C: 8.04mg (9.74%), Fiber: 1.98g (7.91%), Vitamin E: 0.61mg (4.07%), Vitamin K: 2.38µg (2.26%), Copper: 0.03mg (1.64%), Vitamin B6: 0.03mg (1.44%), Vitamin B5: 0.14mg (1.41%), Potassium: 42.36mg (1.21%), Vitamin B2: 0.02mg (1.06%), Calcium: 10.46mg (1.05%)