



## Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

SAUCE

### Ingredients

- 12 ounce cranberries fresh
- 0.5 cup orange juice fresh
- 2 teaspoons orange zest
- 0.8 cup sugar
- 0.3 cup water


### Equipment

- sauce pan

# Directions

Combine all ingredients in a medium saucepan over medium heat; bring to a boil. Reduce heat, and simmer, stirring occasionally, 15 minutes or until mixture is slightly thickened.

# Nutrition Facts

 **PROTEIN 1.19%**  **FAT 1.27%**  **CARBS 97.54%**

## Properties

Glycemic Index:41.77, Glycemic Load:31.04, Inflammation Score:-4, Nutrition Score:4.6469564826592%

## Flavonoids

Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.65mg, Myricetin: 5.65mg, Myricetin: 5.65mg, Myricetin: 5.65mg Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg

## Nutrients (% of daily need)

Calories: 198.42kcal (9.92%), Fat: 0.29g (0.45%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 51.03g (17.01%), Net Carbohydrates: 47.8g (17.38%), Sugar: 43.66g (48.51%), Cholesterol: 0mg (0%), Sodium: 3.16mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Vitamin C: 28.77mg (34.87%), Manganese: 0.31mg (15.6%), Fiber: 3.23g (12.92%), Vitamin E: 1.14mg (7.58%), Vitamin K: 4.28µg (4.08%), Potassium: 132.91mg (3.8%), Copper: 0.07mg (3.36%), Vitamin B5: 0.31mg (3.15%), Vitamin B6: 0.06mg (3.13%), Vitamin B1: 0.04mg (2.62%), Folate: 10.45µg (2.61%), Vitamin A: 117.23IU (2.34%), Magnesium: 8.88mg (2.22%), Vitamin B2: 0.03mg (2.02%), Iron: 0.28mg (1.58%), Phosphorus: 14.84mg (1.48%), Calcium: 12.64mg (1.26%), Vitamin B3: 0.22mg (1.09%)