

Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

SAUCE

Ingredients

- 1 cup brown sugar packed
- 2 cups cranberries fresh
- 1 cup orange juice
- 2 teaspoons orange zest grated

Equipment

- sauce pan

Directions

- In 2-quart saucepan, heat brown sugar and orange juice to boiling over medium heat, stirring frequently. Boil 5 minutes.
- Stir in cranberries.
- Heat to boiling. Boil about 5 minutes, stirring frequently, until cranberries are popped and mixture has thickened. Stir in orange peel.
- Cover; refrigerate about 3 hours or until chilled.

Nutrition Facts

PROTEIN 1.1% **FAT 0.63%** **CARBS 98.27%**

Properties

Glycemic Index:16.17, Glycemic Load:3.45, Inflammation Score:-3, Nutrition Score:3.6208695082561%

Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 173.91kcal (8.7%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 43.08g (15.67%), Sugar: 40.46g (44.96%), Cholesterol: 0mg (0%), Sodium: 11.37mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 26.24mg (31.81%), Manganese: 0.15mg (7.46%), Fiber: 1.35g (5.41%), Potassium: 159.51mg (4.56%), Calcium: 38.72mg (3.87%), Folate: 13.3µg (3.33%), Vitamin E: 0.46mg (3.05%), Vitamin B1: 0.04mg (2.8%), Copper: 0.05mg (2.73%), Vitamin B6: 0.05mg (2.59%), Magnesium: 9.99mg (2.5%), Iron: 0.43mg (2.36%), Vitamin B5: 0.23mg (2.29%), Vitamin A: 105.47IU (2.11%), Vitamin K: 1.71µg (1.63%), Phosphorus: 12.3mg (1.23%), Vitamin B3: 0.25mg (1.23%), Vitamin B2: 0.02mg (1.16%)