



Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



99 kcal

SIDE DISH

SAUCE

Ingredients



2 cups apple juice



4 cups cranberries fresh



0.3 teaspoon orange zest



0.8 cup sugar

Equipment

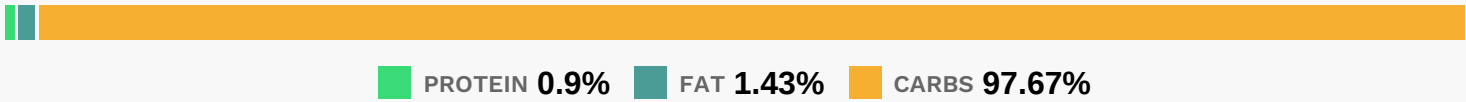


sauce pan

Directions

- ☐
- Place all the ingredients in a medium saucepan over medium–high heat and bring to a boil. Reduce to a simmer, stirring occasionally, and cook until the liquid has slightly thickened, about 30 minutes.
- ☐
- Remove from heat, let cool, cover, and refrigerate in a serving dish.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:14.23, Inflammation Score:-2, Nutrition Score:1.8399999650276%

Flavonoids

Cyanidin: 18.58mg, Cyanidin: 18.58mg, Cyanidin: 18.58mg, Cyanidin: 18.58mg Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg 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: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.08mg, Epicatechin: 4.08mg, Epicatechin: 4.08mg, Epicatechin: 4.08mg 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: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 99.01kcal (4.95%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 23.81g (8.66%), Sugar: 21.45g (23.83%), Cholesterol: 0mg (0%), Sodium: 2.94mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Manganese: 0.18mg (9.07%), Vitamin C: 6.11mg (7.41%), Fiber: 1.54g (6.18%), Vitamin E: 0.53mg (3.55%), Potassium: 82.5mg (2.36%), Vitamin K: 2µg (1.9%), Vitamin B6: 0.03mg (1.59%), Copper: 0.03mg (1.47%), Vitamin B5: 0.14mg (1.43%), Magnesium: 4.89mg (1.22%), Vitamin B2: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.02%)