



Cranberry Sauce Extraordinaire



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



171 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 apples diced cored peeled
- ☐ 12 ounce cranberries fresh
- ☐ 1 cup fruit mixed dried chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cranberry-orange relish pureed peeled
- ☐ 1 pears diced cored peeled
- ☐ 1 cup pecans chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 cup water
- ☐ 1 cup sugar white

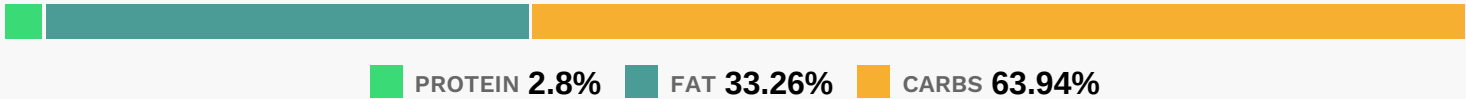
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, boil water and sugar until the sugar dissolves. Reduce the heat to simmer, and stir in cranberries, pureed orange, apple, pear, dried fruit, pecans, salt, cinnamon, and nutmeg. Cover, and simmer for 30 minutes, stirring occasionally, until the cranberries burst.
- ☐ Remove from heat, and let cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:28.53, Glycemic Load:14.97, Inflammation Score:-3, Nutrition Score:4.7308695860531%

Flavonoids

Cyanidin: 14.68mg, Cyanidin: 14.68mg, Cyanidin: 14.68mg, Cyanidin: 14.68mg Delphinidin: 2.84mg, Delphinidin: 2.84mg, Delphinidin: 2.84mg, Delphinidin: 2.84mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 170.59kcal (8.53%), Fat: 6.75g (10.39%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 25.79g (9.38%), Sugar: 23.87g (26.53%), Cholesterol: 0mg (0%), Sodium: 99.28mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Manganese: 0.58mg (28.77%), Vitamin C: 11.26mg (13.65%), Fiber: 3.41g (13.64%), Copper: 0.16mg (8.07%), Vitamin B1: 0.08mg (5.36%), Magnesium: 18.3mg (4.57%), Potassium: 137.15mg (3.92%), Vitamin E: 0.58mg (3.88%), Phosphorus: 35.77mg (3.58%), Zinc: 0.5mg (3.31%), Vitamin K: 3.29µg (3.14%), Vitamin B6: 0.06mg (2.81%), Iron: 0.44mg (2.47%), Calcium: 23.28mg (2.33%), Vitamin B5: 0.22mg (2.21%), Vitamin B2: 0.04mg (2.1%), Folate: 7.42µg (1.86%), Vitamin A: 59.47IU (1.19%), Vitamin B3: 0.23mg (1.14%)