

Cranberry Sauce I



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



12

CALORIES



87 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 1 cup orange juice
- ☐ 1 cup sugar white

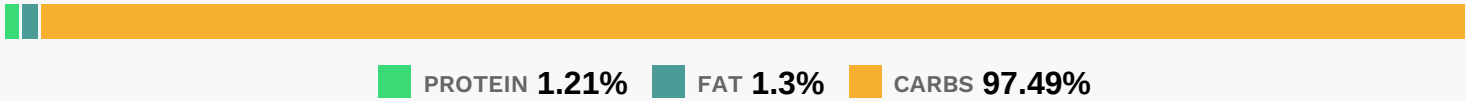
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, dissolve the sugar in the orange juice. Stir in the cranberries, and cook until they start to pop (about 10 minutes).
- ☐ Remove from heat, and transfer to a bowl. Cranberry sauce will thicken as it cools.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:13.8, Inflammation Score:-2, Nutrition Score:1.9700000150048%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg 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: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 86.51kcal (4.33%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 21.09g (7.67%), Sugar: 19.58g (21.76%), Cholesterol: 0mg (0%), Sodium: 0.94mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Vitamin C: 14.3mg (17.34%), Manganese: 0.11mg (5.28%), Fiber: 1.06g (4.25%), Vitamin E: 0.38mg (2.55%), Potassium: 64.35mg (1.84%), Folate: 6.48µg (1.62%), Vitamin B1: 0.02mg (1.47%), Vitamin K: 1.44µg (1.37%), Copper: 0.03mg (1.31%), Vitamin B5: 0.12mg (1.23%), Vitamin B6: 0.02mg (1.22%), Vitamin A: 58.34IU (1.17%)