



Cranberry Sauce with Apple Cider



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

SAUCE

Ingredients



1 cup apple juice



12 ounce cranberries fresh



1 cup sugar

Equipment

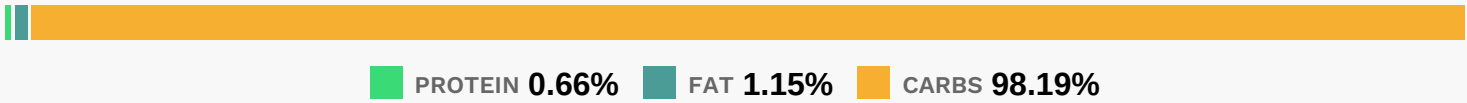


sauce pan

Directions

Combine all ingredients in a medium saucepan; bring to a boil over medium-high heat.Reduce heat; simmer 10 minutes or until cranberries pop, stirring occasionally. Chill.

Nutrition Facts



Properties

Glycemic Index:19.48, Glycemic Load:20.39, Inflammation Score:-1, Nutrition Score:1.7891304512387%

Flavonoids

Cyanidin: 19.75mg, Cyanidin: 19.75mg, Cyanidin: 19.75mg, Cyanidin: 19.75mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 129.38kcal (6.47%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 31.75g (11.54%), Sugar: 29.6g (32.89%), Cholesterol: 0mg (0%), Sodium: 2.28mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Manganese: 0.18mg (8.8%), Vitamin C: 6.22mg (7.54%), Fiber: 1.59g (6.36%), Vitamin E: 0.56mg (3.76%), Vitamin K: 2.13µg (2.02%), Potassium: 64.31mg (1.84%), Vitamin B6: 0.03mg (1.48%), Copper: 0.03mg (1.46%), Vitamin B5: 0.14mg (1.4%), Vitamin B2: 0.02mg (1.07%), Magnesium: 4.03mg (1.01%)