



Cranberry Sauce with Cassis and Dried Cherries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



138 min.

SERVINGS



12

CALORIES



86 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.7 cup cherries dried
- ☐ 12 ounce cranberries fresh
- ☐ 0.5 cup blackcurrants black currant-flavored (liqueur)
- ☐ 1.5 teaspoons lemon zest fresh grated
- ☐ 0.5 cup shallots finely chopped
- ☐ 0.8 cup sugar

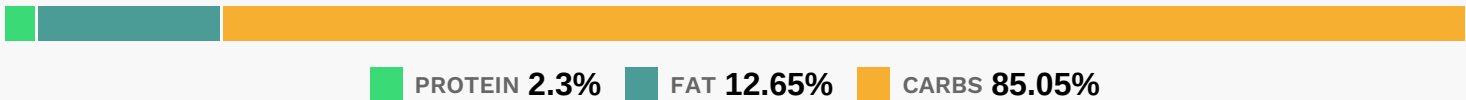
Equipment

☐ sauce pan

Directions

- ☐ Heat a medium saucepan over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add shallots; saut for 4 minutes or until tender, stirring occasionally. Increase heat to medium-high.
- ☐ Add cherries, crme de cassis, sugar, and cranberries; bring to a boil. Reduce heat, and simmer for 8 minutes or until cranberries begin to pop, stirring occasionally.
- ☐ Remove from heat; stir in rind. Cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:10.43, Inflammation Score:-2, Nutrition Score:2.4286956165148%

Flavonoids

Cyanidin: 18.39mg, Cyanidin: 18.39mg, Cyanidin: 18.39mg, Cyanidin: 18.39mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 6.36mg, Delphinidin: 6.36mg, Delphinidin: 6.36mg, Delphinidin: 6.36mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 14.08mg, Peonidin: 14.08mg, Peonidin: 14.08mg, Peonidin: 14.08mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 86.46kcal (4.32%), Fat: 1.29g (1.98%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 17.97g (6.53%), Sugar: 15.45g (17.17%), Cholesterol: 0mg (0%), Sodium: 1.98mg (0.09%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 14.06mg (17.05%), Manganese: 0.15mg (7.43%), Fiber: 1.52g (6.09%), Vitamin E: 0.63mg (4.23%), Vitamin B6: 0.06mg (2.87%), Potassium: 88.3mg (2.52%), Vitamin K: 2.49µg (2.37%), Copper: 0.03mg (1.71%), Iron: 0.29mg (1.62%), Vitamin B5: 0.15mg (1.47%), Magnesium: 5.77mg (1.44%), Phosphorus: 13.43mg (1.34%)