



Cranberry Sauce with Dried Persimmons



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 teaspoon spice powder chinese
- ☐ 12 ounce cranberries fresh
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 cup persimmons dried cut into bite sized pieces
- ☐ 0.5 cup sugar

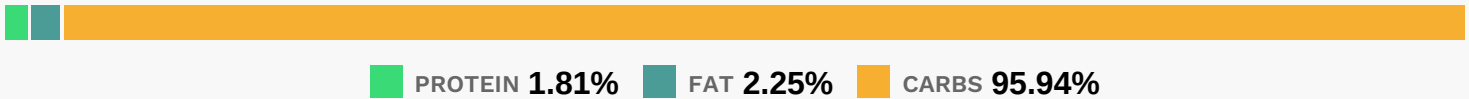
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a small sauce pan combine all the ingredients.Cook over medium low heat until most of the cranberries have burst, stirring often (about 20 minutes.
- ☐ Transfer the sauce to a small bowl.
- ☐ Let them cool completely. Cover and refrigerate up to 5 days.
- ☐ Let stand at room temperature about 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:12.24, Inflammation Score:-2, Nutrition Score:2.4913043156266%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 3.11mg, Delphinidin: 3.11mg, Delphinidin: 3.11mg, Delphinidin: 3.11mg Malvidin: 3.3mg, Malvidin: 3.3mg, Malvidin: 3.3mg, Malvidin: 3.3mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.95mg, Peonidin: 16.95mg, Peonidin: 16.95mg, Peonidin: 16.95mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 95.5kcal (4.78%), Fat: 0.23g (0.36%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 21.2g (7.71%), Sugar: 11.43g (12.7%), Cholesterol: 0mg (0%), Sodium: 1.08mg (0.05%), Alcohol: 1.26g (100%), Alcohol %: 1.99% (100%), Protein: 0.42g (0.85%), Vitamin C: 20.46mg (24.8%), Manganese: 0.13mg (6.6%), Fiber: 1.28g (5.13%), Iron: 0.82mg (4.57%), Potassium: 106.52mg (3.04%), Vitamin E: 0.45mg (2.99%), Vitamin K: 1.7µg (1.62%), Calcium: 11.79mg (1.18%), Phosphorus: 11.65mg (1.17%), Copper: 0.02mg (1.17%), Vitamin B6: 0.02mg (1.1%), Vitamin B5: 0.1mg (1.04%)