



WHATSheATE



Cranberry Sauce with Orange



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1.5 cups water
- ☐ 12 oz cranberries fresh thawed () (3 cups)
- ☐ 1 apples i use 2 granny smith apples peeled chopped
- ☐ 1 cup sugar
- ☐ 1 tablespoon orange zest grated
- ☐ 0.3 cup orange juice
- ☐ 1 serving orange zest

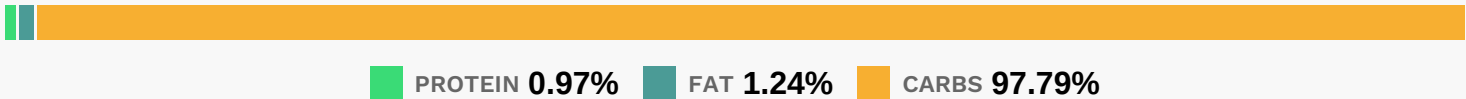
Equipment

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, stir together water, cranberries, apple, sugar, grated orange peel and orange juice.
- ☐ Heat to boiling over medium heat; reduce heat.
- ☐ Simmer uncovered 10 to 15 minutes, stirring occasionally, until cranberries begin to burst and mixture is thickened. Cool completely. Store covered in refrigerator.
- ☐ Garnish with orange peel strips.

Nutrition Facts



Properties

Glycemic Index:33.18, Glycemic Load:27.07, Inflammation Score:-3, Nutrition Score:3.4573913385039%

Flavonoids

Cyanidin: 26.8mg, Cyanidin: 26.8mg, Cyanidin: 26.8mg, Cyanidin: 26.8mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg

Nutrients (% of daily need)

Calories: 177.75kcal (8.89%), Fat: 0.26g (0.4%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 46.01g (15.34%), Net Carbohydrates: 42.91g (15.6%), Sugar: 39.71g (44.12%), Cholesterol: 0mg (0%), Sodium: 4.92mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 18.58mg (22.52%), Fiber: 3.11g (12.43%), Manganese: 0.22mg (10.88%), Vitamin E: 0.81mg (5.43%), Vitamin K: 3.51µg (3.35%), Potassium: 105.51mg (3.01%), Copper: 0.06mg (2.95%), Vitamin B6: 0.05mg (2.71%), Vitamin B5: 0.22mg (2.2%), Vitamin B2: 0.03mg (1.84%),

Magnesium: 7.31mg (1.83%), Vitamin A: 83.67IU (1.67%), Vitamin B1: 0.02mg (1.66%), Calcium: 14.43mg (1.44%),
Folate: 5.48µg (1.37%), Iron: 0.23mg (1.27%), Phosphorus: 11.96mg (1.2%)