



## Cranberry Sauce with Orange



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

SAUCE

## Ingredients

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

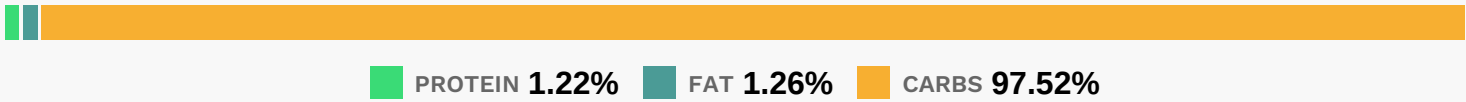
## Equipment

☐ 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:-4, Nutrition Score:4.7543477467869%

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: 187.45kcal (9.37%), Fat: 0.28g (0.43%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 44.35g (16.13%), Sugar: 39.71g (44.12%), Cholesterol: 0mg (0%), Sodium: 5.22mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 32.18mg (39.01%), Fiber: 4.17g (16.67%), Manganese: 0.22mg (10.88%), Vitamin E: 0.84mg (5.6%), Potassium: 126.71mg (3.62%), Vitamin B6: 0.07mg (3.59%), Copper: 0.07mg (3.41%), Vitamin K: 3.51µg (3.35%), Calcium: 30.53mg (3.05%), Vitamin B5: 0.27mg

(2.69%), Vitamin A: 125.67IU (2.51%), Vitamin B1: 0.04mg (2.46%), Magnesium: 9.51mg (2.38%), Vitamin B2: 0.04mg (2.37%), Folate: 8.48µg (2.12%), Iron: 0.31mg (1.71%), Phosphorus: 14.06mg (1.41%), Vitamin B3: 0.24mg (1.22%)