



## Cranberry Sauce with Pinot and Figs

 Vegetarian  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



216 kcal

SIDE DISH

SAUCE

### Ingredients

- 2 tablespoons balsamic vinegar
- 0.8 cup brown sugar
- 2 tablespoons canola oil
- 1 pound cranberries fresh
- 12 small figs dried halved quartered
- 1 tablespoon ginger grated
- 0.5 cup granulated sugar
- 0.5 cup honey

- 1 pinch kosher salt
- 0.3 cup orange juice
- 1.5 cups pinot noir chocolate brownies
- 1 large shallots diced finely

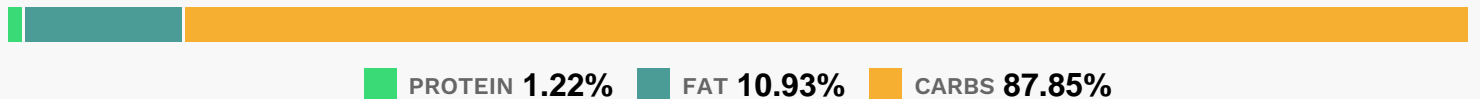
## Equipment

- sauce pan
- pot

## Directions

- Bring the wine to a simmer in a small saucepan.
- Remove from the heat, add the figs and let soak until soft, about 30 minutes.
- Drain, and add the chopped figs to the Base Cranberry Sauce and cook another minute or so. Stir in the balsamic vinegar, and, if desired, stir some of the soaking liquid into the finished sauce.
- Heat the canola oil in a large pot over medium heat.
- Add the ginger and shallots and cook, stirring, until soft and fragrant, about 3 minutes. Stir in the brown sugar, honey, orange juice, 1/4 cup granulated sugar, and salt. Cook, stirring, until sugar dissolves and mixture is nice and bubbly.
- Add half the cranberries and cook, stirring occasionally, until the cranberries pop and the mixture thickens, about 5 minutes.
- Add the remaining cranberries and cook another 5 minutes or so.

## Nutrition Facts



## Properties

Glycemic Index:30.03, Glycemic Load:15.36, Inflammation Score:-3, Nutrition Score:2.9486956363139%

## Flavonoids

Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

## **Nutrients (% of daily need)**

Calories: 216.04kcal (10.8%), Fat: 2.5g (3.85%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 42.94g (15.61%), Sugar: 39.7g (44.11%), Cholesterol: 0mg (0%), Sodium: 10.27mg (0.45%), Alcohol: 3.07g (100%), Alcohol %: 3.13% (100%), Protein: 0.63g (1.26%), Manganese: 0.21mg (10.45%), Vitamin C: 8.24mg (9.99%), Fiber: 2.26g (9.05%), Vitamin E: 0.94mg (6.27%), Vitamin K: 4.82µg (4.59%), Potassium: 133.14mg (3.8%), Copper: 0.06mg (3.12%), Calcium: 30.48mg (3.05%), Magnesium: 10.8mg (2.7%), Iron: 0.47mg (2.6%), Vitamin B6: 0.05mg (2.46%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.02mg (1.37%), Phosphorus: 13.47mg (1.35%), Vitamin B1: 0.02mg (1.16%)