



Cranberry Sauce with Port and Cinnamon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



127 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 12 ounce cranberries fresh
- ☐ 6 ounces cranberries dried
- ☐ 1 cup port wine
- ☐ 0.3 cup sugar
- ☐ 0.8 cup water

Equipment

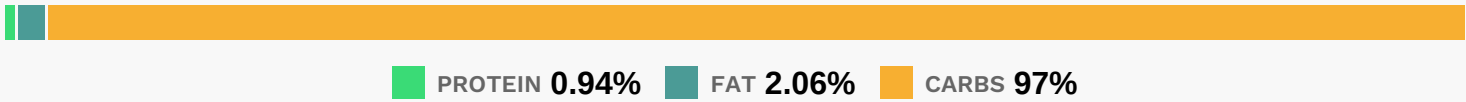
- ☐ bowl

☐ sauce pan

Directions

- ☐ Bring ruby Port and broken cinnamon sticks to boil in heavy medium saucepan. Reduce heat to medium and simmer mixture 5 minutes.
- ☐ Add dried cranberries to saucepan; simmer until slightly softened, about 3 minutes.
- ☐ Add fresh cranberries, 3/4 cup water, and sugar; bring to boil, stirring until sugar dissolves. Reduce heat to medium-low; cover and simmer until cranberry sauce thickens and is darker in color and berries collapse, stirring often, about 20 minutes.
- ☐ Transfer sauce to bowl; cool. Discard cinnamon sticks. DO AHEAD: Can be made 3 days ahead. Cover and chill. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:4.79, Inflammation Score:-2, Nutrition Score:2.4499999974733%

Flavonoids

Cyanidin: 15.9mg, Cyanidin: 15.9mg, Cyanidin: 15.9mg, Cyanidin: 15.9mg Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 3.56mg, Delphinidin: 3.56mg, Delphinidin: 3.56mg, Delphinidin: 3.56mg Malvidin: 22.91mg, Malvidin: 22.91mg, Malvidin: 22.91mg, Malvidin: 22.91mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 17.67mg, Peonidin: 17.67mg, Peonidin: 17.67mg, Peonidin: 17.67mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg 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: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 127.42kcal (6.37%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 27g (9%), Net Carbohydrates: 24.5g (8.91%), Sugar: 20.67g (22.97%), Cholesterol: 0mg (0%), Sodium: 4.7mg (0.2%), Alcohol: 3.67g (100%), Alcohol %: 4.73% (100%), Protein: 0.26g (0.52%), Manganese: 0.32mg (15.93%), Fiber: 2.5g (9.99%), Vitamin C: 4.82mg (5.85%), Vitamin E: 0.82mg (5.48%), Vitamin K: 3.21µg (3.06%), Copper: 0.05mg (2.31%), Potassium: 60.75mg (1.74%), Vitamin B5: 0.15mg (1.47%), Iron: 0.26mg (1.46%), Calcium: 13.77mg (1.38%),

Magnesium: 5.48mg (1.37%), Vitamin B6: 0.03mg (1.35%), Vitamin B2: 0.02mg (1.01%)