



Cranberry Sauce with Port and Dried Figs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



652 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 12 ounce cranberries fresh
- ☐ 8 figs dried black stemmed chopped
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.3 teaspoon pepper black
- ☐ 1.7 cups port wine
- ☐ 6 inch rosemary leaves fresh
- ☐ 0.8 cup sugar

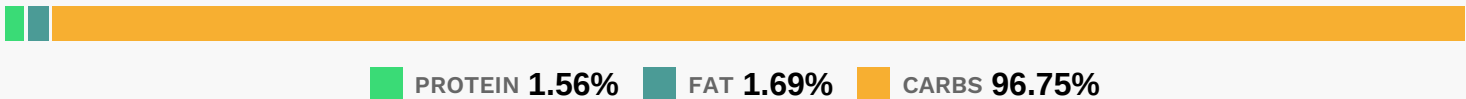
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 6 ingredients in medium saucepan. Bring to boil, stirring until sugar dissolves. Reduce heat to low and simmer 10 minutes. Discard rosemary.
- ☐ Mix in cranberries and 3/4 cup sugar. Cook over medium heat until liquid is slightly reduced and berries burst, stirring occasionally, about 6 minutes. Cool.
- ☐ Transfer sauce to bowl; chill until cold. (Cranberry sauce can be prepared 1 week ahead. Cover and keep refrigerated.)

Nutrition Facts



Properties

Glycemic Index:86.03, Glycemic Load:54.28, Inflammation Score:-9, Nutrition Score:10.86913055959%

Flavonoids

Cyanidin: 53.32mg, Cyanidin: 53.32mg, Cyanidin: 53.32mg, Cyanidin: 53.32mg Petunidin: 8.84mg, Petunidin: 8.84mg, Petunidin: 8.84mg, Petunidin: 8.84mg Delphinidin: 13.9mg, Delphinidin: 13.9mg, Delphinidin: 13.9mg, Delphinidin: 13.9mg Malvidin: 126.94mg, Malvidin: 126.94mg, Malvidin: 126.94mg, Malvidin: 126.94mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 60.99mg, Peonidin: 60.99mg, Peonidin: 60.99mg, Peonidin: 60.99mg Catechin: 15.71mg, Catechin: 15.71mg, Catechin: 15.71mg, Catechin: 15.71mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 15.7mg, Epicatechin: 15.7mg, Epicatechin: 15.7mg, Epicatechin: 15.7mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 26.71mg, Quercetin: 26.71mg, Quercetin: 26.71mg, Quercetin: 26.71mg

Nutrients (% of daily need)

Calories: 652.1kcal (32.61%), Fat: 1.01g (1.55%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 130.04g (43.35%), Net Carbohydrates: 121.33g (44.12%), Sugar: 107.81g (119.79%), Cholesterol: 0mg (0%), Sodium: 27.48mg (1.19%), Alcohol: 20.4g (100%), Alcohol %: 5.44% (100%), Protein: 2.1g (4.2%), Manganese: 0.85mg (42.46%), Fiber: 8.71g (34.83%), Vitamin C: 19.65mg (23.82%), Potassium: 608.05mg (17.37%), Magnesium: 50.58mg (12.64%), Copper: 0.25mg (12.6%), Vitamin B6: 0.24mg (12.02%), Vitamin K: 12.21µg (11.63%), Vitamin E: 1.65mg (10.97%), Calcium: 104.7mg (10.47%), Iron: 1.74mg (9.65%), Vitamin B5: 0.84mg (8.45%), Vitamin A: 406.82IU (8.14%), Vitamin B1: 0.12mg (7.97%), Vitamin B2: 0.13mg (7.7%), Phosphorus: 51.53mg (5.15%), Vitamin B3: 1mg (5%), Folate: 14.88µg (3.72%), Zinc: 0.47mg (3.15%), Selenium: 1.57µg (2.25%)