



Cranberry sauce with port & star anise



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



35 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 250 g cranberry fresh
- ☐ 1 juice of orange grated
- ☐ 2 tbsp redcurrant jelly
- ☐ 1 star anise
- ☐ 2 tbsp golden caster sugar to taste

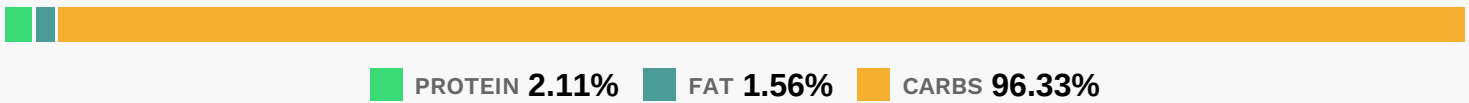
Equipment

- ☐ sauce pan

Directions

- ☐ Tip the cranberries into a saucepan, grate in the orange zest then squeeze in the juice.
- ☐ Add the redcurrant jelly, port and star anise and slowly bring to the simmer.
- ☐ Cook gently over a low heat for about 15 minutes, stirring occasionally, until all the cranberries have burst and the sauce thickens and looks glossy. You want to end up with a saucy texture rather than a jammy one you will find fresh cranberries thicken the sauce more readily whereas the frozen cranberries will take a little longer.
- ☐ Stir in the sugar and taste. Chef Tony Tobin likes the sauce to have enough tartness to make you suck in your cheeks, but add more sugar if you prefer. Cool and then fish out the star anise. The sauce will keep in the fridge in a covered container for 1 week or for 2 months in the freezer.
- ☐ To serve, take out of the fridge an hour or so before the meal so that it returns to room temperature, then spoon into a serving dish.

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:2.76, Inflammation Score:-1, Nutrition Score:1.3173913061619%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 34.78kcal (1.74%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0.03%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 7.81g (2.84%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 2.53mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin C: 6.87mg (8.33%), Manganese: 0.1mg (4.81%), Fiber: 0.97g (3.88%), Vitamin E: 0.34mg (2.25%), Vitamin K: 1.26µg (1.2%), Potassium: 39.71mg (1.13%), Copper: 0.02mg (1.13%)