



WHATSheATE



Cranberry Sauce with Red Wine, Pomegranate Molasses, and Mediterranean Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



162 kcal

SIDE DISH

SAUCE

Ingredients



12 ounce cranberries fresh



0.3 teaspoon basil dried (scant)



0.8 cup wine dry red



2.5 tablespoons cilantro leaves fresh chopped



2.5 tablespoons mint leaves fresh sliced



3 tablespoons pomegranate molasses



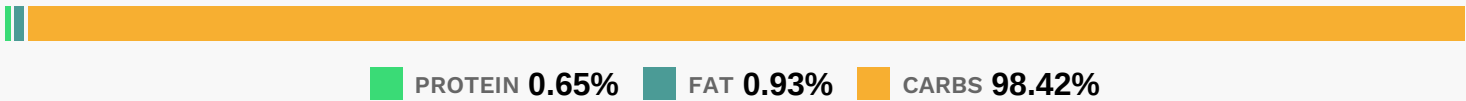
1.3 cups sugar

Equipment

Directions

- ☐ Stir sugar and wine in heavy deep medium saucepan over medium heat until sugar dissolves. Boil over medium-high heat until syrup is reduced to 3/4 cup, about 8 minutes.
- ☐ Add cranberries; boil until berries begin to pop, about 5 minutes. Stir in pomegranate molasses and basil. Cool completely. do ahead Can be made 1 week ahead. Cover and chill.
- ☐ Stir in chopped cilantro and sliced mint. DO AHEAD: Can be made 4 hours ahead. Cover and chill.
- ☐ * A thick pomegranate syrup; available at some supermarkets, at Middle Eastern markets, and from adrianascaravan.com.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:22.11, Inflammation Score:-2, Nutrition Score:1.7234782446986%

Flavonoids

Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 3.74mg, Delphinidin: 3.74mg, Delphinidin: 3.74mg, Delphinidin: 3.74mg Malvidin: 5.41mg, Malvidin: 5.41mg, Malvidin: 5.41mg, Malvidin: 5.41mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.95mg, Peonidin: 18.95mg, Peonidin: 18.95mg, Peonidin: 18.95mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.56mg, Myricetin: 2.56mg, Myricetin: 2.56mg, Myricetin: 2.56mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 162.46kcal (8.12%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 36.31g (13.2%), Sugar: 33.52g (37.24%), Cholesterol: 0mg (0%), Sodium: 1.56mg (0.07%), Alcohol: 2.1g (100%), Alcohol %: 2.78% (100%), Protein: 0.25g (0.5%), Manganese: 0.16mg (7.84%), Vitamin C: 5.76mg (6.99%), Fiber: 1.49g (5.94%), Vitamin E: 0.5mg (3.36%), Vitamin K: 2.71µg (2.58%), Vitamin A: 89.38IU (1.79%), Copper: 0.03mg (1.43%), Vitamin B6: 0.02mg (1.19%), Vitamin B5: 0.12mg (1.17%), Potassium: 40.04mg (1.14%), Iron: 0.2mg (1.11%), Vitamin B2: 0.02mg (1.02%)