



WHATSheATE



Cranberry Sauce with Roasted Shallots and Port



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 5 tablespoons balsamic vinegar
- ☐ 12 ounce cranberries
- ☐ 0.3 cup currants dried
- ☐ 1 tablespoon marjoram fresh chopped
- ☐ 5 teaspoons thyme leaves fresh minced
- ☐ 0.3 cup brown sugar packed ()
- ☐ 1.7 cups ruby port

- ☐ 18 large shallots peeled quartered
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil

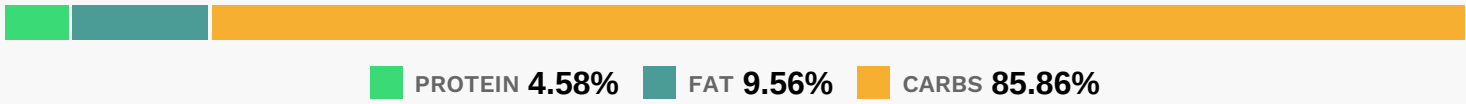
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Toss shallots with oil and 3 teaspoons thyme on small rimmed baking sheet.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake until golden, about 25 minutes.
- ☐ Mix 1 tablespoon vinegar and 1 tablespoon sugar in small bowl.
- ☐ Drizzle over shallots; toss to coat. Continue roasting until shallots caramelize, stirring occasionally, about 10 minutes.
- ☐ Remove from oven.
- ☐ Bring Port, brown sugar, 4 tablespoons vinegar, and 1/2 cup sugar to boil in heavy large saucepan over medium-high heat, stirring until sugar dissolves.
- ☐ Add cranberries and currants; cook until berries pop, stirring occasionally, about 8 minutes.
- ☐ Mix in marjoram and 2 teaspoons thyme.
- ☐ Mix in shallots.
- ☐ Transfer to bowl. Cover and chill overnight. (Can be made 1 week ahead. Keep refrigerated.)
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:74.27, Glycemic Load:13.36, Inflammation Score:-10, Nutrition Score:12.252608724262%

Flavonoids

Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg Petunidin: 6.63mg, Petunidin: 6.63mg, Petunidin: 6.63mg Delphinidin: 10.42mg, Delphinidin: 10.42mg, Delphinidin: 10.42mg, Delphinidin: 10.42mg Malvidin: 95.2mg, Malvidin: 95.2mg, Malvidin: 95.2mg, Malvidin: 95.2mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 45.74mg, Peonidin: 45.74mg, Peonidin: 45.74mg, Peonidin: 45.74mg Catechin: 10.19mg, Catechin: 10.19mg, Catechin: 10.19mg, Catechin: 10.19mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 11.28mg, Epicatechin: 11.28mg, Epicatechin: 11.28mg, Epicatechin: 11.28mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 5.71mg, Myricetin: 5.71mg, Myricetin: 5.71mg, Myricetin: 5.71mg Quercetin: 14.56mg, Quercetin: 14.56mg, Quercetin: 14.56mg, Quercetin: 14.56mg

Nutrients (% of daily need)

Calories: 437.8kcal (21.89%), Fat: 3.7g (5.69%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 74.76g (24.92%), Net Carbohydrates: 67.33g (24.48%), Sugar: 49.64g (55.16%), Cholesterol: 0mg (0%), Sodium: 38.34mg (1.67%), Alcohol: 15.3g (100%), Alcohol %: 5.47% (100%), Protein: 3.99g (7.97%), Manganese: 0.88mg (43.89%), Vitamin C: 26mg (31.51%), Fiber: 7.42g (29.7%), Vitamin B6: 0.48mg (24%), Potassium: 670.56mg (19.16%), Vitamin K: 19.9µg (18.95%), Iron: 2.7mg (14.99%), Copper: 0.25mg (12.35%), Magnesium: 49.27mg (12.32%), Folate: 42.07µg (10.52%), Phosphorus: 102.24mg (10.22%), Vitamin E: 1.46mg (9.73%), Calcium: 95.81mg (9.58%), Vitamin B1: 0.11mg (7.45%), Vitamin B5: 0.65mg (6.5%), Vitamin B2: 0.08mg (4.89%), Zinc: 0.7mg (4.68%), Vitamin A: 222.99IU (4.46%), Vitamin B3: 0.74mg (3.71%), Selenium: 2.24µg (3.2%)