



Cranberry Shrub

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



97 kcal

SIDE DISH

Ingredients

- 12 ounces cranberries fresh
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest
- 0.8 cup red wine vinegar
- 1 cup sugar

Equipment

- sauce pan
- toothpicks

skewers

Directions

- Bring all ingredients to a simmer with 2 cups water in a small saucepan over medium heat, stirring often. Reduce heat to low and cook 5 minutes until most cranberries have burst.
- Spoon out a few whole cranberries and set aside for garnishing drinks if you like.*
- Strain mixture, pressing liquid out of pulp using the back of a spoon. Discard pulp. Chill at least 1 hour. Store for up to 3 months.
- Roll the berries in sugar, skewer on toothpicks, and set across tops of drinks. Use that day.

Nutrition Facts

PROTEIN 0.72% **FAT 1.06%** **CARBS 98.22%**

Properties

Glycemic Index:11.51, Glycemic Load:15.25, Inflammation Score:-1, Nutrition Score:1.4443478247394%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 96.81kcal (4.84%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.02%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 23.03g (8.38%), Sugar: 21.5g (23.89%), Cholesterol: 0mg (0%), Sodium: 2.36mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin C: 6.27mg (7.6%), Manganese: 0.13mg (6.59%), Fiber: 1.25g (5.02%), Vitamin E: 0.45mg (3.03%), Vitamin K: 1.7µg (1.62%), Copper: 0.02mg (1.15%), Potassium: 38.02mg (1.09%), Vitamin B6: 0.02mg (1.06%), Vitamin B5: 0.1mg (1.05%)